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LET A HUNDRED FLOWERS BLOSSOM, LET A HUNDRED SCHOOLS OF THOUGHT CONTEND.

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DEAR FLOWERS

Dear Hundred Flowers:

I recently attended a meeting that was to set up a food co-op on Franklin Ave., and was most dissapointed to discover the unwillingness of those present to consider any idea other than the one in fashion. Then I picked up your paper and was appalled at your article on the meeting. That article was so filled with incorrect facts, so badly written and so completely ill thought out that I can only conclude that Hundred Flowers exists, like Time magazine, not for the dissemination of information, but rather, propaganda.

It seems that you have chosen to run articles that not only report the news, but simultaneously editorialize it, which is not to my taste, but that's your business. It is my business (as a reader) to be sure that, at minimum, your reports are honest and your editorials well thought out. They're not.

At that meeting I suggested that perhaps another sort of co-op might better serve the broader community. There are many possible functions a co-op can perform, and communities it can serve. I think it is admirable that the pure food comunity, or any community, unites to better serve its own needs. But, frankly, forming a pure food co-op is not the ONLY way co-ops can serve a neighborhood.

It is not my intention to argue the benefits of eating or not eating pure food, but only to point out that the vast majority of people eat mass produced packaged food and, like it or not, that is the fact. These people deserve more than a moral lecture on their bad eating habits. The people living in the Franklin Ave. area, if we had to characterize them in a single phrase, are not pure foodists, but rather low income. Low income people spend one of the largest portions of their incomes on food. A co-op, such as those in Berkeley and elsewhere, that could give these people a 20% savings on food bills would be doing, I think, an admirable job.

I presented these views at the meeting and, as the article quite correctly states, an "immediate understanding was reached." Immediate, to be sure, as not one single person showed any evidence of consideration of what I was saying (note, consideration, not agreement).

Now it was maddening to me that a group of action oriented people wouldn't give a moment's thought to an idea that, after all, has the same good intentions for the community as theirs does. And it is maddening to me that your article, which chose in the first place to mention this alternative suggestion, did it witlessly by repeating my fatuous question as to whether the co-op would sell Cheerios or not.

The distance between interpretation and lies, these days, is very close. Richard Nixon calls them advisors, we call them infantrymen.

One sentence from your article: "We will be a co-operative based on co-operation." Now such a simplistic statement either implies that the author suffered from a severe lack of iodine in his infancy, or that he was implying more than the sentence states. And indeed, in context, there is a deeper interpretation: that other sorts of co-ops than a pure food one are NOT based on co-operation. If the author of this article tones up his prose style a bit, he'll soon be eligible to be writing Richard Nixon's speeches.

All right, so at that meeting and in the pages of your newspaper I discover I'm dealing with that most dangerous of types of people: moralists. These are the same people who prohibit dope without listening to the facts.

Add: Half the people at that meeting were smoking cigarettes. Now, eating pure food because packaged food is poisonous, and then smoking cigarettes is as appropriate as a bombed-out drunk checking to see if his turn signals work before he gets behind the wheel of his car. People who smoke cigarettes even though they know it is bad for them, ought to be able to understand people who eat Cheerios even though cereal is not necessarily good for them. The whole thing smelled to me of our old friend, Righteous Hypocrisy, a trait not unusual in missionaries, I've noticed.

Back to your article. Does the author honestly believe that a pure food co-op is what "the older community also needed"? Elsewhere the author objects to the possible places the co-ops rent money will go (Honeywell, etc.), but he solves this one by buying the place outright(???). And on, and on.

Gentlemen and ladies of Hundred Flowers, if I have to put up with lies, misrepresentations, bad thinking and, perhaps worst of all, bad writing, I may as well get it from a source, like the Star and Tribune, where, at least, I can read the funnies.

Sincerely,

Steven Kaplan

Dear Hundred Flowers,

I had a talk with People's Center staff Tuesday. I feel that while the services there are free and thus an improvement over General Hospital, that there is much left to be desired.

From my experience, the general thing that I find troublesome about the Center is that the people dispensing services get too hung up in their roles as doctors, social workers and psychologists. I feel that the insistence on role playing leaves the patient in a position where her or his human dignity is being shit on. The patient is supposed to feel grateful for the help that she or he is receiving, and to hell with the accessories----like treating you as a complete person. My feeling is that if you can't respect a person's human dignity and relate to them horizontally, rather than vertically, top-down, you are automatically doing them a disservice. I also feel that the Peoples' Center should be the alternative in health care that many of us hoped it would be when it started out a year ago. I think that the Center should enforce policy to see that doctors, social workers, and psychologists be counter-brainwashed in the ways the people want to receive service and what kinds of service they want. I don't think sensitivity training is the answer. What the Center needs is for people of the community to tell them their needs and to have a system of legislating health care staff like regular meetings where channels of communication would be opened between staff and patients, and where the staff would have to answer to the people of the community about their policies.

If you have any suggestions about how a program could be implemented, or have any complaints a about the Center, or have other ideas concerning health care and community participation, come to the Center Policy Board Meeting this coming Tuesday at 4:30, or call me so I can write down what you have to say and present it to the Board. 335-0712.

Beatrice Spiegel

Editor's note: This letter refers to another letter from Mark & Lynn, printed in volume 2, 23; and a letter, signed Smash the State, printed in the vollowing issue attacking their statements (and using quite a bit of name-calling.).

Sisters and Brothers at Hundred Flowers,

We normally wouldn't even ASK to be allowed to reply to criticism in your pages, but, the criticism of our commentary on George Jackson took the form of a personal attack.

First of all, we are hardly members of the bourgeoisie. We live on one salary of $80 a week. I (Mark) sweat, physical labor, eight hours a day at a job I don't particularly like. So, we would suppose that makes us proletarian.

And, we are hardly "liberals". We believe socialism is one of the roads to human kinds' salvation. To share the wealth equally and to care for each other is politically and MORALLY correct.

RACIST!? We will call ANYONE insane who believes in random murder of "pigs". Weatherpeople/Eldridge/etc., etc. Cleaver once said that he wanted to take McClellan's head if it meant shooting his way into the Senate and shooting his way out again. If anyone calls that truth or liberation or revolutionary love, then we have doubts about their sanity, also.

"Hiding behind non-violent bull poop"? Bullshit! If people were so sure of their rightness, they would try to convince others, not kill them. People are prone to destroy what they do not like, to kill anyone who stands in the way of their goals. We don't hide. We're up front with our beleifs. We don't wish to murder. We don't even eat animals. We still wear leather because we got it years ago and don't wish to waste things.

We also believed in violence years ago. (I, Mark, spent time in our wonderful jails and juvenile prisons. I saw and committed my share of violence.) But, no more killing and hurting. No More.

We're both totally committed to non-violence. Non-violence is a bad word, really. In India they have a better on. "Satyagraha", which means "truth force". Force. Agressiveness. We are NOT passive. The killing must stop. And we, all of us, must see to it that it does.

There are many arguements for non-violence or truth-force. Killing is morally wrong. It is brutal and cold and vicious. Another good reason comes from a friend of ours, Mike Michel, "Violence is so SELF-DESTRUCTIVE. Violence, even if a person gets away with it, leaves fears and tensions which drive a person inward. Violence comes home also by not allowing a person a chance to develop those delicate complexes which are absolutely necessary for man/woman to become a good animal. Out of those good complexes come the ALL important sensitivities, the projections which account for empathy. And I can't ever underrate the importance of empathy."

Violence DOES turn us inward. It makes us paranoid. We suspect others of wishing to commit violence against us. And we become a small group, ruling others and stamping out all oposition. Look at the Russian Revolution, the French Revolution, the Chinese, the Cuban Revolutions. They've all grabbed the power, and proceeded to crush even well-intentioned criticism. Crushed it ruthlessly. Because they're afraid that THEIR "democratized violence" will be turned against THEM. The Cuban peoples' violence has not helped gay people in Cuba. The Russian violence did not help Mandelstamm or Mayakovsky. The Russian revolutionary violence degenerated into Stalinism. The fear generated by the violence seems to kill the creativity and the beauty of the people. This cannot be allowed. We must truly let a hundred flowers blossom.

In closing, many so-called revolutionaries seem to assume that all third world peoples are willing to kill their oppressors, rather than attempt to educate and deal with them morally. Dick Gregory, Martin Luther King, Cesar Chavez, John and Alice Coltrane, Pharoah Sanders, Joan Baez. They're all third world people. And they're all people who will or would not kill. And how about one of the greatest men who ever lived? Gandhi. Don't tell us that third world peoples are so full of hate they will kill all who oppress them. We MUST oppose the oppressors. We must help people find themselves as PEOPLE! We must wage a MORAL revolution!

"Truth calls to us, drawn by the innocent laughter of a child, or the kiss of a loved one; but we close the doors of affection in her face, and deal with her as an enemy."

Kahlil Gibran

Venceremos

Mark and Lynn

P.S. Even the Panthers no longer sign their communications with "Death to the Pigs."

NSP: Get Ready For The ...

(Researched by: Council for Corporate Review)

WHY DOES NSP ADVERTISE AT ALL?

All electricity in the metro area is generated by NSP. Even the municipally-owned systems in Chaska and North St. Paul use power that is generated by NSP. Since there is no competition, we can not switch brands even if we don't like NSP's service. There is no need for them to advertise their product.

NSP spent $7 million last year for advertising. Accounting procedures allow them to charge it all to you, the consumer, as you reimburse them for their "operating expenses". No matter how much they spend, they'll be able to clear a profit, and your electric bill will swell.

We don't need to pay NSP to tell us how nice they are. We have to buy from them no matter how much of our money they take. NSP should cease all advertising.

A CLOSER LOOK AT NSP'S ADVERTISING

NSP no longer tells us that electricity is penny cheap. No longer do they themselves press us to buy electric air conditioners, or electric ranges. It would seem that their policies have changed markedly, as the threat of blackouts and the depletion of our energy reserves have become more imminent.

Great pains are taken to show these changes have come from citizen suggestions. A closer look will show the deviousness of their "new" policies.

Last October, NSP's own Citizens Advisory Task Force, composed mainly of members of conservation groups, found a great contradiciton between their hopes for an improved environment and NSP's search for more electrical customers. Further, they reviewed the results of NSP advertising, finding that ads were "somewhat misleading" and had created a credibility gap. They also noted that demand for electricity would increase even if the company stopped advertising. (This is due to population growth and new electrical devices, which now cause energy demands to double every eight years, as Earl Ewald, himself, pointed out in a letter to the Task Force on February 8, 1971.)

THE DECEPTIVE "WISE-USE" CAMPAIGN

In response to the Task Force recommendations, NSP announced a "wise-use" campaign last February. They hoped (as Roy told us in the ad above) "to suggest many ways of conserving electricity by not promoting some types of appliances and by urging customers to guard against wasteful and frivolous kinds of use."

Wise-use offers a band-aid for malignant cancer. NSP doesn't discourage dishwashers, or help you buy the model that's cheapest to operate. Rather, they tell you to run it at 9:00 PM instead of 6:00 PM, to avoid the "peak hours" where demand on their power is highest. (Peak hours are from 9:30 AM to 6:00 PM.) Flattening out their demands is suppose to spare the use of older, inefficient generators, and save us money. That's hardly a scheme to cut back the consumption of electricity. It may help NSP produce a little more cheaply, but that savings won't find its way back to the consumers. What's needed are good solid steps to help us minimize the depletion of our energy resources, by eliminating wasteful usage.

The most obvious place to start economizing is with the largest users. They are the most responsible for our huge energy consumption. Commercial and industrial accounts buy 60% fo NSP's retail electricity (6.04 million out of 10.23 million kilowats in 1968, from Federal Power Commission reports), yet NSP has never suggested that businesses run their heavy equipment at night. Industrial users have not been asked to eliminate wasteful consumption.

No, the burden of responsibility has been placed totally on the individual consumer (that's you). In order for you to assume this responsibility, NSP has suggested such innovative ideas as dusting off light bulbs.

If NSP is really serious about conserving electricity, there is a much more effective step to take. By inverting their regressive rate scales and charging higher rates for greater use of electricity, "wasteful and frivolous" use will be discouraged. This will also place the expense for the new plants upon the corporations who are most able to pay, and who are the most responsible for the peak demands, rather than upon the homeowner. Small users pay twice as much per kilowatt hour as large industrial users.

HOW MUCH DOES IT COST US TO LET NSP ADVERTISE?

This is a difficult question to answer. It's always hard to get a company to tell us how they spend our money. NSP feels free to mislead even the owners of the company, the stockholders. The 1971 Annual Report says: "The 1971 Research Program is expected to total $1,8000,000 or more than twice NSP's promotional advertising budget for 1971." Half of that research budget, or $900,000, is a pretty healthy sum for a company that promised in 1970 to cease all advertising and promotionals. If NSP had been more honest, it would have added that their new advertising direction will not be accounted for or listed as "promotionals".

If NSP had included all kinds of advertising, they would have had to report four times this research budget of $1.8 million is now spent on advertising. This is what Montana Senator Lee Metcalf reported in January 1970: Northern States Power buttressed its $7 million in advertising and salesmanship expenditures of $333,737 for industry association dues, $293,553 for stockholder information, $37,793 to retain the law firm headed by the Treasurer of the Democratic National Committee and $14,181 for "sporting events".

We desperately need more efficient methods to generate and transmit electricity. We wish it were true that NSP were spending twice their advertsing budget on research and development. We would rather pay them to improve our lives and our environment than pay them for congratulating themselves.

NSP STILL PROMOTES USAGE BEHIND OUR BACKS

Despite their claims, NSP is still promoting exhaustion of our energy resources behind our backs. They do this quietly, through several trade associations.

For example: The Edison Electric Electric Institute (Board member--Earl Ewald) is supported by NSP (Board Chairman--Earl Ewald) in a million dollar ad campaign, the familiar "live better electrically" series. Designed to cover "all prime commercial markets", it blatantly calls for more consumption of electricity by those who are using the most already: commercial users. "Come live in the electric climate, the air is so clean there"--whoever wrote that doesn't live near the Riverside plant in northeast Minneaplois.

NSP is also prominent in the North Central Electrical League, whose sole purpose is to "promote the product and services of the electrical industry". We would like to know how much NSP contributes to these promotional campaigns.

The House Subcommittee Hearing of the Subcommittee on Activities of Regulatory Agencies of the Select Committee on Small Businesses on H. Res. 53 in 1968 found many instances where NSP and other utilities were squeezing out small businesses by the utilization of kickbacks and special service rates. We would like to know if NSP still makes these promotions?

How much longer will NSP use our money to speak out of both sides of their mouthes?

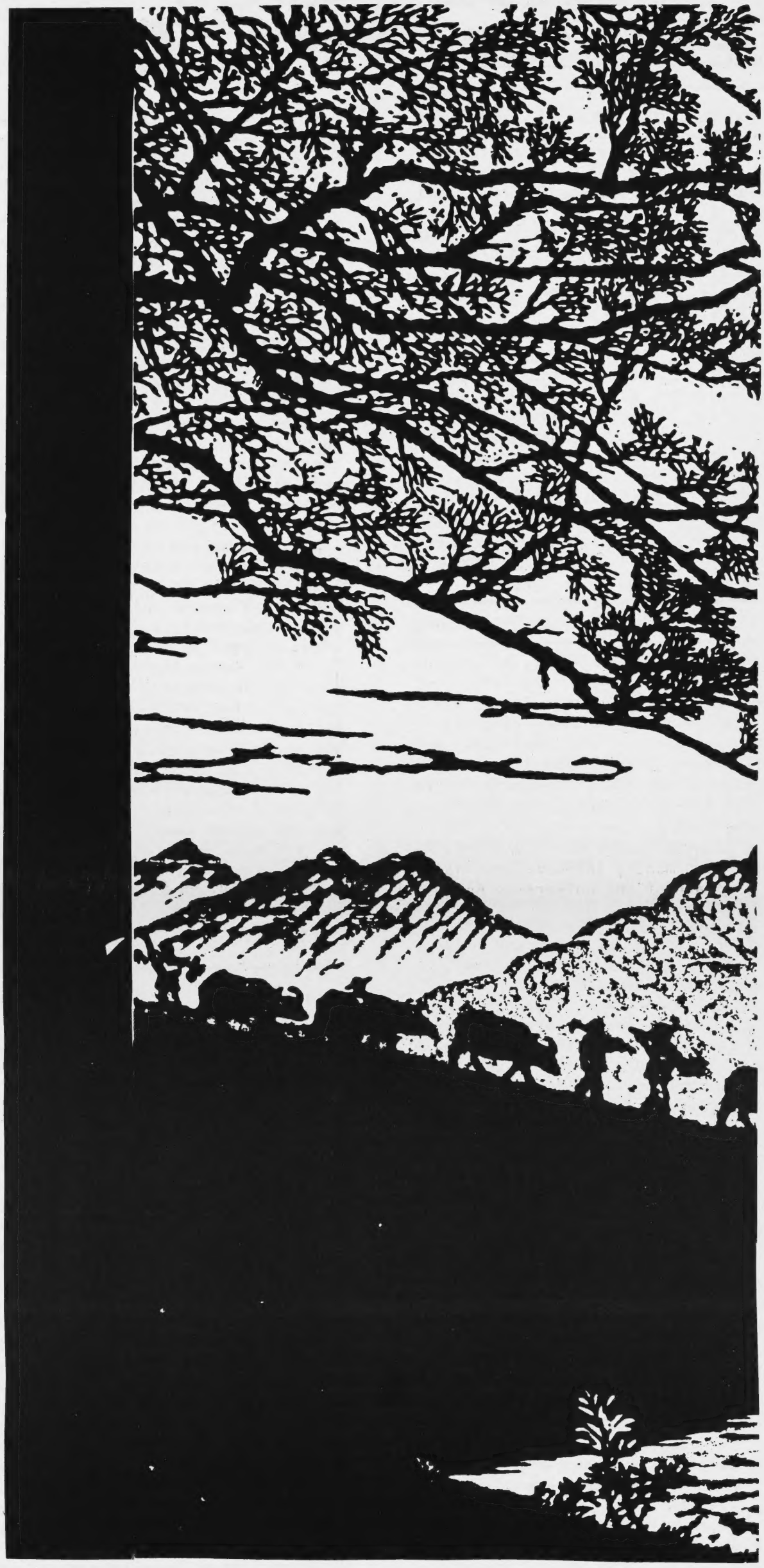
WE DEMAND THAT NSP STOP ALL PROMOTIONS AND ADVERTISING.

... Shock Of Your Life!

from Ecology Co-op

by Colin

Our co-op is not only first, but is unique. Through seemingly endless mistakes and really stupid errors (which didn't seem so at the time) we are learning how to run a food co-operative. . . the people most involved know things that most of the people in the city don't know. . .the people most involved could probalby split for another time another place and start a similar co-operative and make it work better because the same drag of mistakes wouldn't be repeated. We are a radical community. We are not being poisened by the government. . .subverted, perverted, diverted or squashed under the iron hand that shapes our thoughts about what we should eat in order to make us a submissive people, dependent on doctors to hold our frail health together, dependent on the mammoth chemical industries to hold our de-germed pitiful non-nutritive "foods" together, making us weak in body and in mind. We are constantly searching, researching, revising, redifining, relearning and sharing experience. We are trying to live with nature. . .with the earth, the trees and other animals. . .ourselves. Co-op members are not elite becaue they have a lot of bread. Some members have a lot of bread, some are on food stamps. The groovy thing, one that helps the break-up of class structure in stratified amerika and bring about more human understanding is that you really can't tell when everyone is in dirty dungarees hauling away trash or pounding nails. Communication barriers break down to a degree, people end up closer to the same level. Co-op members are not elite because we're stuck up enough to fly in organically grown produce in the winter... we have chosen our way of life and we have chosen to live organically. Furthermore, all the produce in the supermarket is shipped in anyhow... what difference does it make if we buy food we've shipped in or food that someone else shipped in? Only that ours is grown organically and that we're putting money through fewer capitalistic conglomerate hands. In our climate, you either store foods or ship them in... we are attempting to make progress in the area of storage. Each year we are shipping in progressively less and storing more. It's places like Lunds and Red Owl that try to get people to think of us as being snobs and moneyrich intellectuals by selling "organic" foods at absurd prices... perpetuating the false conception that organic food must cost more. In fact, new research has indicated that if we in Amerika made efficient use of our food resources we would be able to grow more than enough food for the country organically (i.e. without use of pesticides, herbicides, or chemical fertilizers).[1] Why, then, should this cost any more? Anyone who is into Cooperatives and organically grown non-processed foods is invited to join, or at least investigate: 1023 8th st. S.E. Hours: Fri, 11 AM to 8 PM, Sat. 11AM to 3 PM.



[1] Diet For A Small Planet
1971 Ballentine Books
Francis M Lappe

Lunchtime at Earth Kitchen

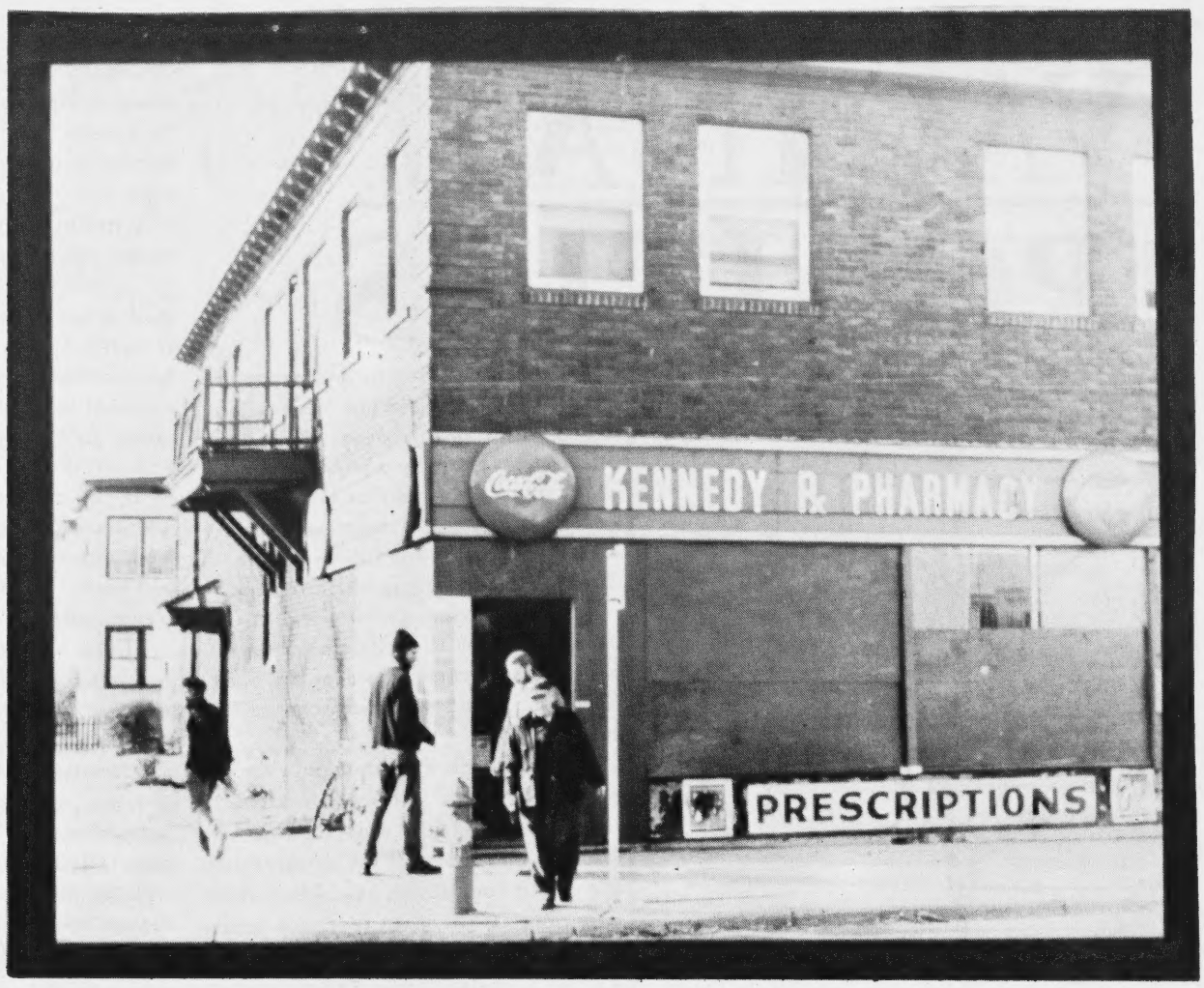
"Earth Kitchen" is a new, co-operative natural foods restaurant which is attempting to serve the needs of the People by providing inexpensive, unprocessed vegetarian and macrobiotic meals. It has been in existence throughout the summer serving dinners at the University's Newman Center, 1701 University Ave. SE, on Friday evenings from 6 to 8 P.M.

Our dinners include a variety of grains (brown rice, whole oats, barley, millet, kasha, bulgar or couscous), sauteed vegetables, fruits, soups, beans (especially high-protein soybean dishes), nuts, seeds, leavened and unleavened whole wheat breads, nut, seed and fruit butters, naturally sweetened desserts, many different herbal teas and fruit juices, all made from as pure ingredients as possible. We do not serve any meats, dairy products (except for natural white cheese) or sugar (for sweeteners we use pure honey or natural fruit juices). Previously, we had not been able to afford to provide totally organic meals, which is one of our goals, but since the beginning of fall quarter, the community's response has been so fantastic that we can now begin to serve totally organic dinners. We are buying all our organic foods from several of Minneapolis' fine natural food stores--North Country Co-op, Tao Foods, The Ecology Co-op, Farmer's Market, and the Golden Star Noodle Factory.

Last month, the Rev. Russ Hatton, chaplain of the University Episcopal Center, came to us with the offer to use the Center's kitchen and cafeteria facilities since they are not now being used. We are very much aware of the University students' inability to get good natural lunches on campus. We are now open for lunches from 11 A.M. to 1 P.M., Monday through Friday at the Episcopal Center's cafeteria, 317 17th Ave. SE. We will be serving hot homemade soups, brown rice, sandwiches, herbal teas and fruit juices. We will continue to serve our Friday night dinners at Newman Center as well.

Our ultimate goal is to get together enough experienced and interested people, paid staff members and volunteers, to be able to open the restaurant on a full-time basis. Anyone wishing to help us in shopping (we are also looking for an irexpensive van or truck), preparing and serving the meal, or in cleaning up will receive free food plus valuable experience in meal preparation and in restaurant organization. If you are interested in joining us in any way, please come to the Friday night dinners and let us know. We are desirous of total community involvement and invite any musicians or entertainers to share thier music and arts with us and also receive a free meal. For more information, contact Rande Wallace at 823-8041 or come to Earth Kitchen Friday afternoon. We welcome suggestions. Please drop us a note at 3537 Portland Ave. South or at the restaurant.

Peace to you all--
Om Shanti



Franklin (?) Co-op Progress Report

Ya, we're still referring to the store as the "Franklin Co-op", and it may well be we are stuck with that reference. . .even though we're closer to Lake Street. An alternative is to temporarily call it "the 26th and Bloomington Co-op", which some of us have tried, getting the response: "Oh, far-out. . .hey there's gonna be a co-op up on Franklin too--have ya heard?"

Below is a progress report, of sorts, on what's been happening concerning the store, and what needs to be done.

SO FAR:

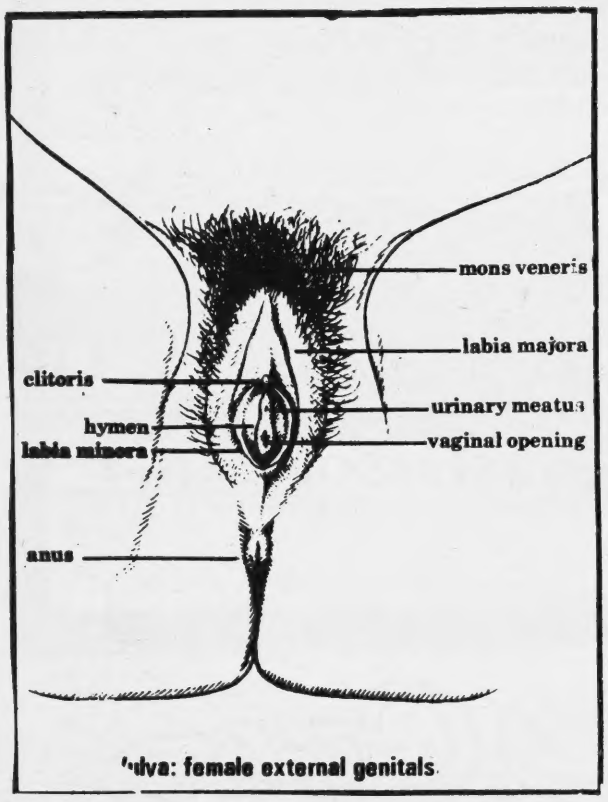
--We have not agreed on a name for the store. At our last meeting we decided against: SouthCountry Co-op (pretentious); Mother Hubbards Corner Cupboard (sexist); Pooh Bears Pantry (too cute); You Are What You Eat Store (too long) and a list of others. But we narrowed the list down and left it open for more suggestions. Two names that many people liked were: Mill City Foods, and New Moon Foods (the moon was really nice that night).
--We have decided to rely on selling food coupons to raise needed money for stock, next months rent, bins etc. The food coupons will be redeemable for food at some time in the future, probably six months, and will be redeemable for a period of one month at that time. (Volunteers needed to sell coupons.) The cost of the coupons will be $1., $2., and $5.
--The landlord has put the new windows in the front of the store on which we write notices of meetings, desperate pleas, etc. (Watch for them.)
--We have acquired a cash register.
--Floor repair and other work on the building is being completed.
--We have acquired a truck.
--A benefit is in the making to raise money for the store. It will be held at the Pillsbury Waite Community Center (church), at 26th and Chicago on December 9th and 10th, (Thursday and Friday). Watch for posters and listen for the announcements on KQRS that week (probably the same week you will be reading this).
--The co-op will sell all goods at cost plus 10% (we just assumed this but lately people have asked about it).

WE STILL NEED:

--More people putting in more time. The store is open everyday at noon to people who want to come and help work. People who cannot help on a day to day basis but who have something they would like to offer can stop by anytime there are people at the store, or come to the weekly Tuesday night supper meeting. 7:PM (POT-LUCK--Bring food or beer or something.)
--The store needs more scales.
--Volunteers are needed who will devote time and energy to selling food coupons to raise the capital for stock. If you can volunteer some time, come to the store any afternoon, or call 721-2218 (anyone), or 336-1805 (Jim or Tennessee) to check out some coupons.
--Odds and ends like black boards, bul bulletin boards, a desk, scoops, are also needed.
--Women in the store feel a very real need to work with some more sisters. Men are also very conscious of the need for more feminist energy.

FEED THE PEOPLE!

VAGINAL POLITICS



vulva: female external genitals

by Peggy Grau
Everywoman/LNS

(Editor's note: The following article is reprinted from the August, 1971 issue of EVERYWOMAN, a west coast women's newspaper. In the article, It is suggested that 5 or 6 women get together initially to help each other learn how to examine their own vaginas, and we have already heard about one group of women on the west coast who have set up a "self-help" clinic among themselves to deal with problems like vaginal infections, without automatically having to call a doctor, and often, having to put up with a lot of flak. These women plan to spin off to form other self-help clinics when theirs gets too big.)

Self-examination of the vagina is really no more shocking than self-examination of the breasts. A physician hasn't time and most women don't have the money or inclination for regular medical examinations that could catch all EARLY signs of breast cancer, or vaginal infection, venereal disease, cervical cysts, or pregnancy. So the M.D.s came up with breast examination for the home. It has received wide publicity and advocacy.

I don't think we can expect the same for vaginal self-examination; the first time I told a doctor that I had examined myself for an infection, he would not believe that I had actually done it. It is, in fact, not nearly as difficult a physical act to perform as might be expected. Any woman can learn to examine herself with a speculum.

The speculum is a device which you use to open the vaginal cavity to allow examination of the vaginal walls and cervix. With the use of a directional lamp and mirror, it becomes simple to examine yourself for irritations, infections, discharges, etc.

A group of five or six women would be optimal for learning. Each woman should have her own speculum, to eliminate the transfer of infection and the speculum should be washed with phisohex after each use. Arrange yourself on a table or firm bed on your back with knees bent and feet placed far apart. Insert speculum upside-down (when your doctor inserts it, he has the handle pointing down, you need it pointing up so that you can open it.)

After inserting, open speculum (manipulate your speculum extensively before insertion so that you are well acquainted with it and can use it easily.). If you have difficulty, have a friend open it. Point the directional light at the vagina, place a mirror so that you can see your vagina and cervix.

If you cannot see your cervix, try withdrawing speculum and sucking your stomach in; cervix should pop into view. If not, have a friend try manipulating the speculum.

If you have never had a child, your cervix will be small (1 to 1½ inches in diameter), pink, smooth, and very firm looking. If you have delivered one or more children, your cervix will be larger, perhaps colored differently and the cervical canal will be substantially larger. The vagina should also be pink, and firm looking, although ridged, and not terribly sensitive to touch (not sore). The vagina has a normal clear or whitish secretion which varies in quantity with each woman.

If the vagina is infected or irritated it becomes swollen, tender to the touch, extremely sensitive to the pressure of the speculum. Upon viewing, the vaginal walls will be inflam and red (much the same as a sore throat). There may be increased secretion, usually of a different colo Discharge from yeast or trichomonias will be yellow and mucousy, gonorrhea has a thick yellow-green discharge.

There are some home remedies fc yeast infections, such as putting yo gurt in the vagina to inhibit the growth of yeast fungus. (The vagina has a delicate balance of bacterial and fungal growth which can be easily upset and result in an infection, really an overgrowth of one or the other. This is why when antibiotics are taken, a yeast infection often results. The antibiotics kill the natural bacteria and the yeast grows wild.)

Some physicians who are concerned with the comfort of their patients will prescribe Mycostatin (orally or vaginally) along with the antibiotics; other physicians concerned with their patients' pocketbooks as well as their comfort will indicate that yogurt will preserve their natural bacteria. And eating yogurt will replace the bacteria in the digestive tract which has been destroyed by the antibiotics.

The vagina and cervix change during the menstrual cycle. Once you are familiar with the changes that take place in your own body, it may be possible to detect an early pregnancy simply by noting the unusual changes, or the lack of the regular one. The only way to give yourself the necessary knowledge of your body is to follow it closely through a menstrual cycle so that you can observe and learn what it looks like at what stage in the cycle.

During the first two weeks following menstruation, the healthy cervix and vagina will be pink and firm and smooth, there may be a clear mucous secreted from the cervical canal. Most women have cyclical changes in their vaginal secretions and you may learn that these secretions increase for you at the time of ovulation or one week before menstruation. When you examine yourself just before menstruation you amay be amazed to find the vaginal walls swollen and tender, the servix swollen and blue

The photographs that accompany this article are misleading in that they give the impression that the woman is doing the menstrual extraction procedure on herself. In fact, it would be quite difficult and probably impossible to perform the extravtion on yourself.

All women reading this article should know that, although this is a relatively simple procedure, you should not attempt to do it without having the proper equipment and experience. Improvisation, especially creating too much suction or using something other than a Karman cannula, may be quite dangerous.

MENSTRUAL

Explanation of terms:

speculum – basic duck billed instrument used to hold vaginal walls apart and expose cervix.

vacuum syringe – 50 cc syringe specially designed to create vacuum without allowing air to be injected or forced through end. *

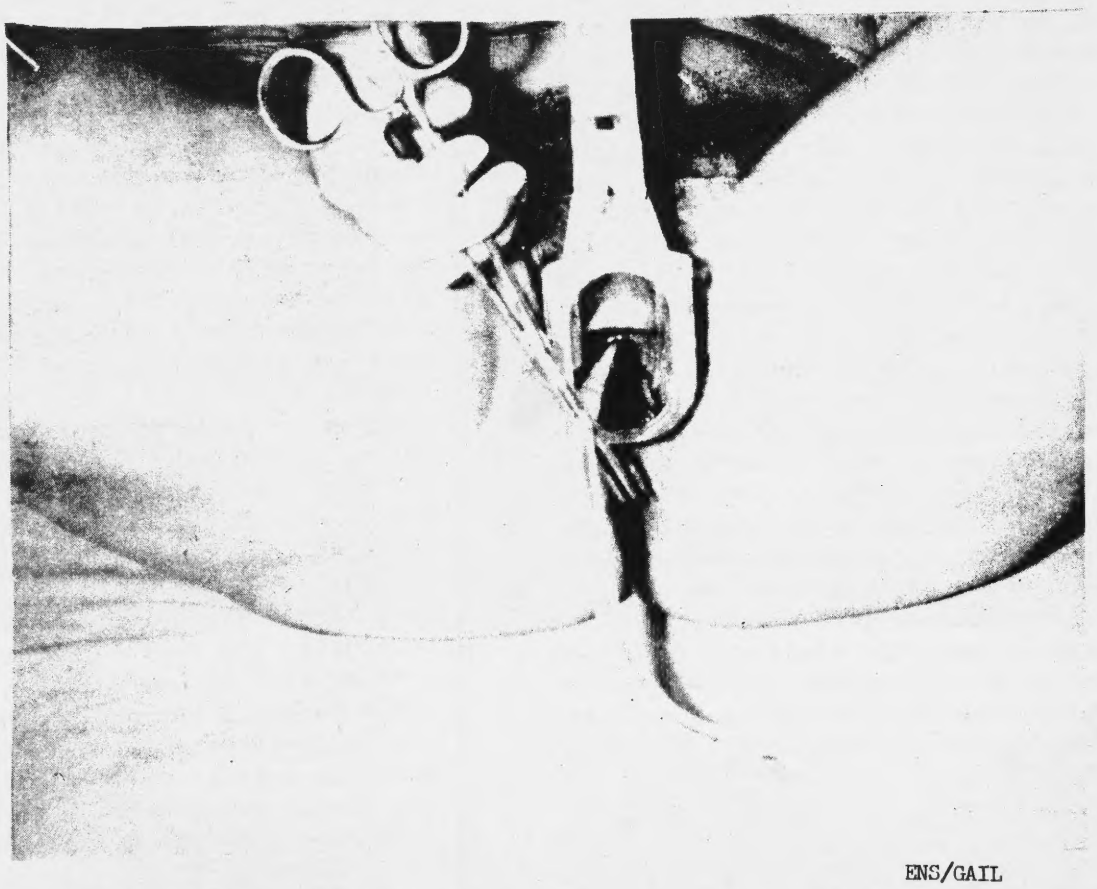
cannula – 4 mm tube used to evacuate uterus. Karman cannula designed to conform to shape of uterus and to collapse before perforating.

*Available at Medical Concepts Box 6 El Segundo, California.

Peggy Grau

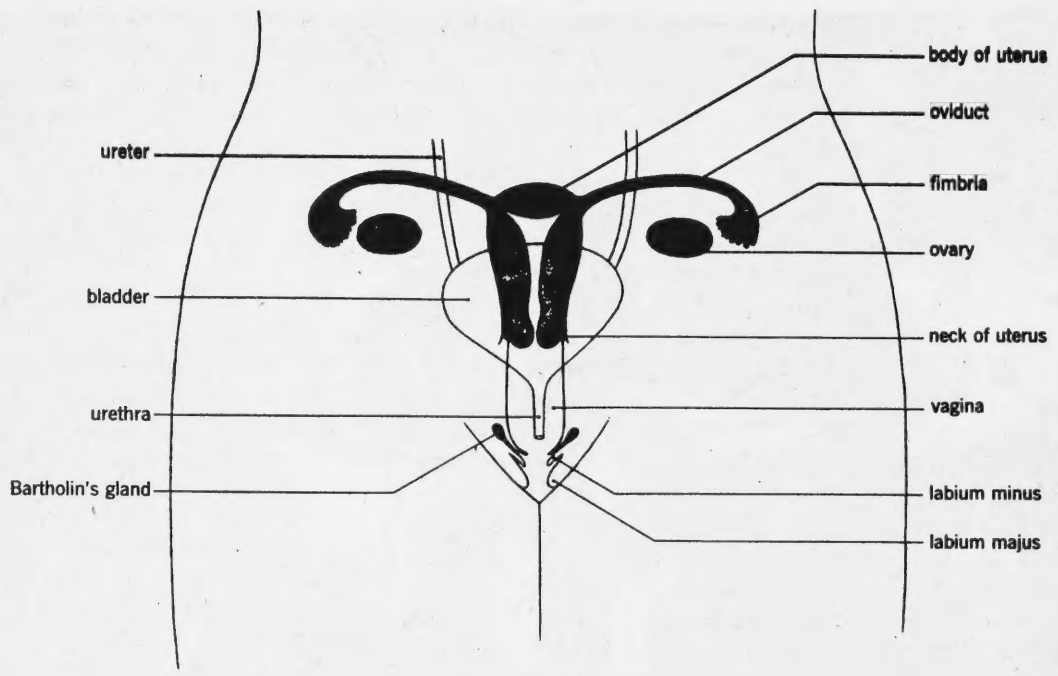
The essence of any form of birth control can be interpreted as an assurance of menstruation. The presently available methods of preventing conception (insuring menstruation), short of permanent sterilization, are not fully effective and, at the same same time, offer considerable risk to the user. The most effective contraception technique now being marketed is the birth control pill, which carries the risk of clotting, hypertension, carcinoma, not to mention the as yet unknown longterm effects to the woman and her offspring. The methods with no side effects, rythm and diaphragm, have unacceptable rates of efficacy.

There is available to some women a mechanical form of menstrual insurance that is so simple that any woman can learn to use it at home, so free from long term effects that it can be considered safer



ENS/GAIL

4 mm. Karman cannula was inserted thru cervical canal into uterus. Then the flexible tubing attached to the nozzle of the specially modified syringe was clamped shut, and the plunger of the syringe was pulled out to create a vacuum. Still clamped shut, the tubing was attached to the end of the cannula.



with veins seeming to pop out on it--a perfectly normal pre-menstrual condition.

Whatever the changes in your body, know them. If you suspect you are pregnant, check yourself; if you period is late and your cervix does not appear as it usually does pre-menstrually, you could be pregnant, and can at least make an intelligent and informed decision.

Women's Self-help meeting 5:30 every Thurs. at People's Center - will discuss these articles. (Potluck- bring food)

EXTRACTION

than the birth control pill, and barring a tubal pregnancy, without chance of failure. The technique is menstrual extraction. It is currently being used by medics at University of Hawaii on women who have missed their period. Women are learning to extract their own late or pending menses menses through the Women's Movement. The procedure has been used at the Women's Abortion Clinic in Los Angeles and at the Women's Medical Center in New York by both physicians and para-

para-medics. The Women's Abortion Clinic originally used the technique for self-implementation by women who were, for medical reasons unable to use the conventional means of effective birth control and who were unwilling to rely on rhythm or diaphragm.

The medical establishment will no doubt resist the spread of this concept since it not only offers women complete autonomy in the area of contraception, but also has the potential of completely eliminating an extremely lucrative field from their practice, that of birth control and abortion. They prefer to keep the practice of birth control totally within their sphere of influence. This is evidenced by the direction all research in birth control and abortion is presently taking. Our doctors and public officials are looking to prostaglandins for the answers to all problems in the area. These chemicals, presently outlawed in the United States because of their side effects which include severe nausea, vomiting and diarrhea (also the admitted cause of at least one death within the limited number of doses administered), once watered down to a "safe" dosage will be available, but still within the controls of the male dominated medical practice.

Any woman can learn to control her own reproductive system with menstrual extraction. Once this technique has been mastered it can be employed free from any controls of the medical society.

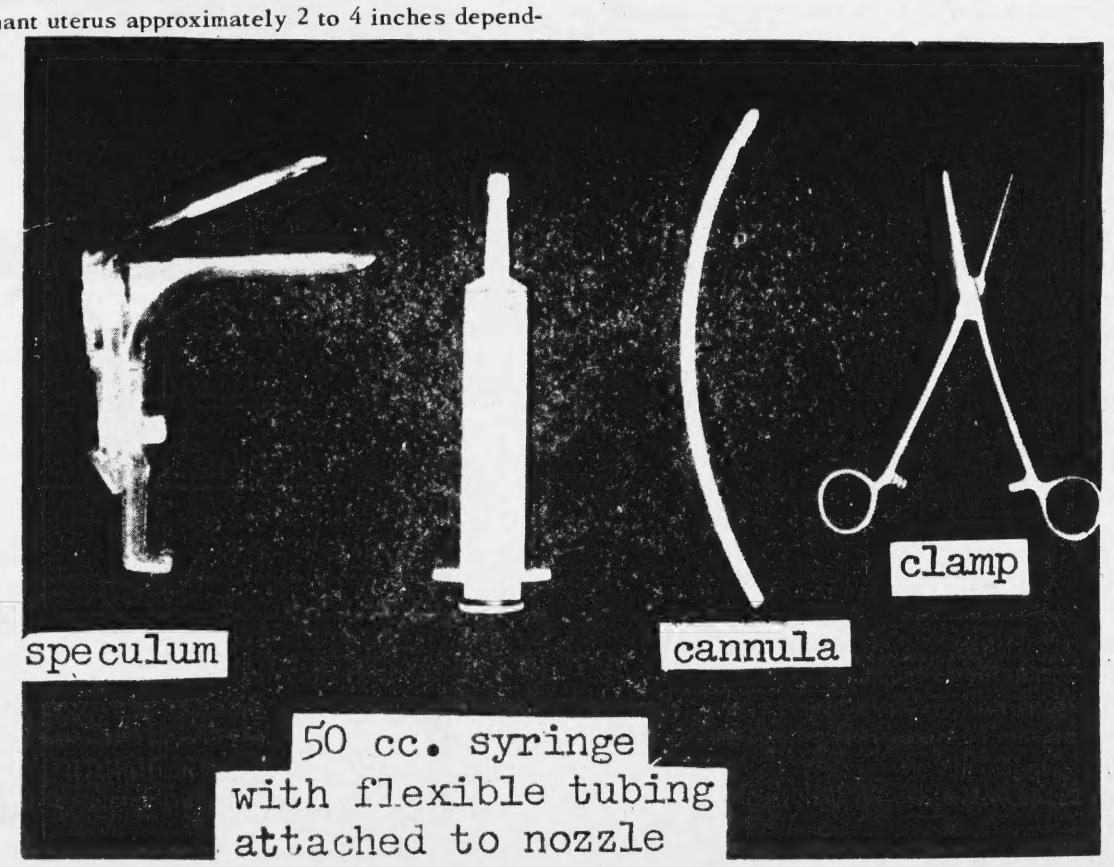
The actual act of extracting a menses, when performed by a capable person using proper instruments, is no more dangerous than administering an enema. Information about the location, appearance, and nature of one's reproductive organs is a vital prerequisite to mastering menstrual extraction. The necessary equipment is: light, mirror, speculum, cannula, vacuum syringe and clamp for syringe tubing. The cannula and speculum should be sterilized (cold sterilization solution can be purchased at any sickroom supply house). A douche with Phisohex (1 tsp. to quart warm water, rinse till clear) or Betadine is recommended to eliminate as many as possible of the vaginal bacteria. Hands should be scrubbed thoroughly with Phisohex or Betadine. The procedure: Arrange yourself in a semi-upright, self-examining position with light, and mirror in place. Speculum, cannula and syringe should be readily available. Insert speculum and manipulate to expose cervix. Clamp tubing of syringe and withdraw plunger to create suction. Lay syringe aside. aside. Introduce cannula through cervical canal into uterine cavity. Connect cannula and syringe tubing and remove clamp. Rotate cannula in a circular motion. Blood will pass through cannula and tubing into syringe or trap. Continue with this motion until you get nothing but foam for a few rotations. Withdraw cannula while it is still attached to syringe. Your menstrual blood will be inside the syringe and you will have reduced your period from five days to five minutes.

It is important to know what sensations to expect when you are performing this. When you insert the cannula expect to feel some resistance. The cervical canal is very tiny, especially in the uterus that has not carried any pregnancies to term.(nulliparas) and continued pressure will be required to introduce the cannula. Keep pushing gently until the annula reaches the back wall of the uterus. (The cannula will enter the non-pregnant uterus approximately 2 to 4 inches depending upon uterine size and the number of pregnancies the uterus has experienced.) There will probably be some cramping when the cannula is inserted and you will be aware of the movement of the cannula. The sensation is strange and uncomfortable but without severe pain. Most women undergoing menstrual extraction experience cramping (it is considered unavoidable in the nulliparas uterus.) The flexible cannula is incapable of damaging a normal healthy uterus (this excludes those uteri badly scarred or damaged by venereal disease or traumatic childbirth) but it is still a good idea to allow your sensations to guide your movements. If any particular movement causes strong cramping or discomfort try replacing it with some other motion. Women who have extracted their menses a number of times report that the cramping following the first extraction is fairly strong, but that with more experience, confidence and expertise (not only in the technique but in relaxing the muscles in the pelvic area) they can extract their period and experience only the mildest of cramping immediately afterwards.

There are a few possible hazards which can be easily avoided. Make certain that your cannula and speculum are sterile. Avoid contamination of cannula by touching the vaginal wall. Use only vacuum syringe equipment that is designed to prevent air from entering the uterus. (Air, when forced into the uterine cavity, enters the blood vassesls and sometimes causes fatal air ambolism. If you should get a fever of more than 100 degrees, have severe cramping, heavy bleeding and clotting consult a physician. (At this point you should consider the possibility that you might have been pregnant at the time of the extraction and failed to remove all of the uterine contents. If this is the case, you would be in the process of miscarrying. This is a routine problem for any OB-GYN and can usually be handled with antibiotic and uterine contracting medication.) If you do not know the doctor and wish to avoid any lectures or chastisements, simply tell him that you don't know what's wrong, but that you suspect a miscarriage. If you employ the technique described here no one will be able to detect any instrumentation as there was none.

Women with uterine anomalies such as double uterus or stenopic cervix are not candidates for this procedure. Likewise, women with endometriosis, fibrous tumors, or whose uteri are badly scarred from severe cases of venereal disease should not try this procedure. They are safer and will be happier with the presently available birth control forms than they would be with the p pain and possible damage that could result from imprudent use of this technique. Also, women who are more than four or five weeks late with their menses should not attempt menstrual extraction.

For the woman with a normal healthy uterus this technique offers a method of birth control that will leave her free from dangerous chemicals and devices that are, in fact, not wholly reliable.



THE RALLY

On July 11, 1970, eight people were arrested and charged with "attempted interference with the Selective Service System in raids on draft offices in Little Falls, Winona and Alexandria". Five of the people convicted in the raid turned themselves over to federal "authorities" at 1:00 PM on Monday, November 29, 1971. Two others are awaiting the results of an appeal (all the previous appeals have been turned down) and the eighth has not yet come before Federal District Court.

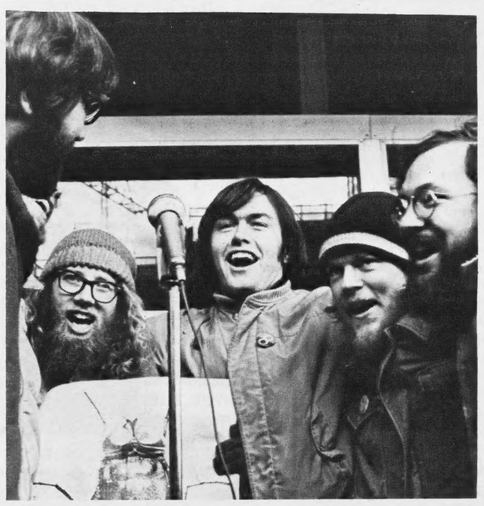
Before the arrests on Monday afternoon, some seventy-five people gathered at the gates of Fort Snelling National Cemetery at a rally to say good-bye to five of the seven brothers who face a possible five year prison term in an action that the courts have labled as a "criminal offense". Huddled together in a tight circle, we listened to the statement prepared by the seven men who were convicted in the draft raid. Another brother, who spent 19 months in a federal prison, gave a short speech about his experience in jail, and the Vietnam Veterans For Peace issued a statement condemning the war and giving their support to all draft resistors. Frank, one of the "draft raiders", read a poem he had written about the continuous struggle that people face when they work for peace amidst a country that has adopted a policy of death. Death (symbolized by a brother in a black hood and coat with a sign hung over his shoulders--"Death Wins All Wars"), was then symbolically buried. The rally ended in song, with the crowd proclaiming our "solidarity forever". With warm embraces, friends and relatives bid farewell (for a few years at least) to five brothers who were found guilty of a crime against society, because they wanted to save lives.

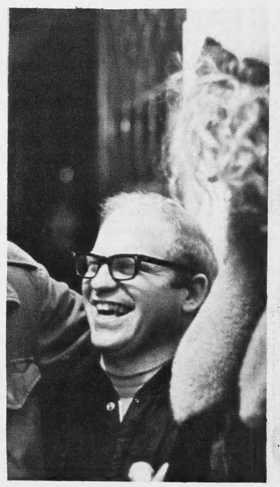
At 1:00 that same afternoon, there was another small rally in front of the federal building where Don, Chuck, Brad, Pete and Bill turned themselves in. Final good-byes were said as the marshals escorted five men to their jail cells. The two other men, Mike and Frank, who are awaiting the results of their appeal, were not allowed to enter the building with them.

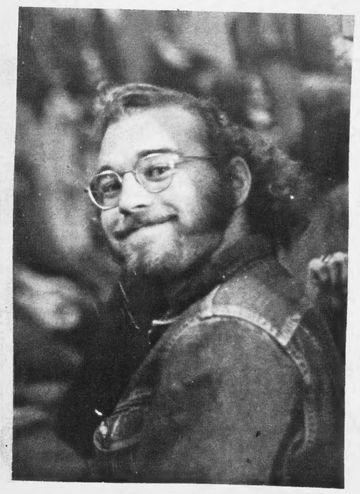
These seven brothers have often be known as the Minnesota 8; however, they are not just the Minnesota 8. They are Brad, Bill, Chuck, Pete, Don, Mike and Frank, individuals, each struggling in his own way to change the hatred and corruption present in this country. Five of them are now in prison. The other two will probably be in prison shortly. And others, in the "outside world", prisoners ourselves in a system that sends countless numbers of sisters and brothers behind steel bars each year, shall continue to struggle for their freedom as well as for the freedom of all life. Together we shall create a world free of war and hate and fear; together we shall create a world of PEACE.

The Minnesota eight and friends in front of the Federal Building in Minneapolis -Kenny Tilsen checking his watch.

"THE STRUGGLE HAS JUST BEGUN" ..Minn. 8







Minnesota 8's Last Statement Before Imprisonment

We have chosen the National Cemetery as the site for this event for a very particular reason. We couldn't think of a better way to emphasize that the DEATH AND DESTRUCTION CONTINUES AT A HORRIFYING RATE IN SOUTHEAST ASIA, contrary to the lies and distractions coming from the White House.

Since our arrest in July of '70, scores of thousands of people have been killed in Southeast Asia. Since then, over one million tons of bombs have been dropped by US planes; and the rate of bombing is increasing, not decreasing. The tactic of the Nixon administration is to pacify the American people by withdrawing most US troops and reducing the WHITE casualties. But at the same time the war is not ending. By switching from a Ground War to an Air War, and by using increasingly sophisticated "automated battlefield" techniques, fewer troops are needed to fight a war of unchanged intensity. Furthermore, US taxpayers are paying and equiping an ever-expanding army of Asian mercenaries. Ol Richard Milhous is reasoning that the US public will willingly finance his war games as long as most of the casualties are non-white. The Pentagon Papers have proven the blatant, deliberate falsehoods used by the government to explain Hitleresque policies of genocide and imperialism; and at the same time they have exhibited the lack of power people actually have in this country over their "elected" officials.

There needn't be any more of these white markers. Many of the markers at this cemetery represent the lives of men who bravely died to stop fascistic German and Japanese imperialism. Unfortunately, today such graves are being filled because of American imperialism. The war would end tomorrow if Nixon really wanted it to end. But he has chosen to ignore the wishes of three quarters of the American people. He ignores the wishes of the vast majority of Vietnamese. He pretends he's never heard of the PRG's SEVEN POINT PEACE PLAN. His allegiance remains, as always, with the large capitalists and right-wing politicians who have vested money and power interests in continued US hegemony in Southeast Asia.

We believe it is these same people, plus their class allies, the liberal corporate capitalists, who are ultimately responsible for the serious economic difficulties America is now experiencing. We have a society controlled by money, not by people. In the United States private property is more important than life, liberty and the pursuit of happiness. The search for "profit maximization" has proved more powerful than justice and democracy. Money for capital expenditures has a higher priority than money for jobs. Money for advertising is far more plentiful than money for pollution control. Economic stability for the rich and the corporations they control is more important than even Nixon's reformist programs for the poor and the disenfranchised. Our economic system tramples the basic tenents of democracy laid out in the Declaration of Independence and in the revolutionary struggle of the American colonists. We will never have a true domocracy nor will we ever be free from wars such as Vietnam or economic instability such as we now have until we find an alternative to capitalism.

We are going to prison this afternoon, not out of some inflated, romantic sense of heroism or martyrdom, but because we reject our only other alternatives: entering exile or going underground. We have chosen to submit to the power of the State, not because we recognize that State as legitimate. Quite contrarily, because our purpose in striking against the Selective Service System was ultimately to strike against that State; and because we still believe it is imperative, for the very survival of the human race, that that struggle continue, we choose to be able to continue to participate in that struggle.

By going to jail we want to say to people that the struggle has just begun. The war continues; the economic crisis remains unresolved; our environment gets more polluted every day. To permanently correct any of these ills will require very basic changes in our society. Those changes will come only when the large mass of working people in this country are ready to fight to make things better for themselves and for all humanity. By going to jail we are saying that no one is exempt from that struggle.

Furthermore, by choosing to go to jail we are expressing our belief that we will win that struggle. We wouldn't be here, except for our firm, human faith that, ultimately, the politics of Life will overcome the politics of Death.

In Peace and Love and Struggle unto Life!

The Minnesota Eight:
Bill, Brad, Chuck, Don, Pete
Frank and Mike.

KNOW YOUR OWN IGNITION

continued from page 13

one-fourth inch gap between the coil and the ground. If no spark is observed, the coil is faulty. If a strong spark is observed and no spark is reaching the spark plugs, the fault is in the rotor, distributor cap or spark plug wires.

The information in this article should allow you to tune-up a car or find the problem in a faulty ignition system. If you are confused by anything in the article or on the ignition system in your car, ask a friend or contact Freedom House Garage.

by the FREEDOM HOUSE GARAGE GANG

PLEASE READ THIS

Hundred Flowers will probably not come out for the next two weeks, perhaps more. The reasons for this are simple: Lack of money. Small staff.

Some of us who have been involved in the core of Hundred Flowers have left the staff, except to write articles about what we are presently doing--but still feel a close affinity to the paper. Many people have been writing and submitting articles, which has helped the paper tremendously in becoming more local and in many ways more relevent. But there also needs to be a core of people co-ordinating layout, and generally taking responsibility for office work (which is a full time job and requires people getting paid).

Someone with financial capabilities is needed to volunteer to work on the paper's finances. We cannot offer any wages yet, but, pull the finances together and begin to pay yourself and part of the staff, fair enough? Sometimes people only need $5 a week, other times people need all of $25. But survival depends on some amount of money, much as we're trying to make it otherwise.

We also need two weeks to look at the paper and ourselves at a distance. To do this we need to get out of the intense weekly media freek-out.

During our two week "vacation", we will be holding three community meetings for all people interested in contributing to the paper. If we get a good response, the staff will be comprised of mostly new people, so there will be no "leader or expert" telling how the paper should or shouldn't be put together.

The meetings will be held on Wednesday, Dec. 8, at 12 PM; Thursday, Dec. 9, at 7 PM; and Saturday, Dec. 11, at 5 PM. You don't have to come to all the meetings. Just come to the one that fits most conveniently in your time schedule. The meetings will be held at 529 Cedar Ave., upstairs in the Liberty House on the Westbank. If you can't make it to one of the meetings and are interested in helping with the paper, call 333-3717 or 333-8471 or 332-9480 (and ask for Kathy or leave a message).

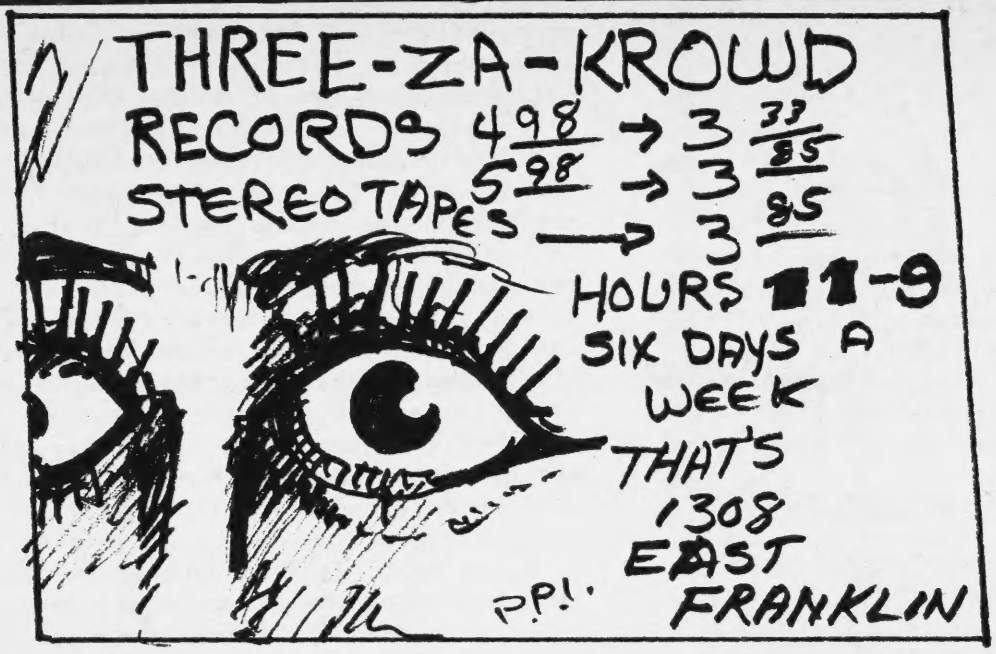
If the paper is to continue we need your help. If no one comes to the meetings, the paper may have to fold.

Any ideas or suggestions on how to change the paper will be welcome. We need all kinds of people; photographers, artists, reporters, shit-workers, people interested in starting columns, anything.

Things that have been thought of before, and things that have not (seriously anyway): Responsibilities on the staff; how to increase distribution and get money back for all sold papers (this has always been a problem, believe it or not); should we come out with less pages weekly and have one large monthly issue?--the weekly issues being condensed into critical or timely info., the monthly being more reflective.

These are some of the things that we feel both you the reader and us on the staff at the moment can think about. There is much more needless to say. Bear with us, and keep in touch.

The tired staff of H.F.



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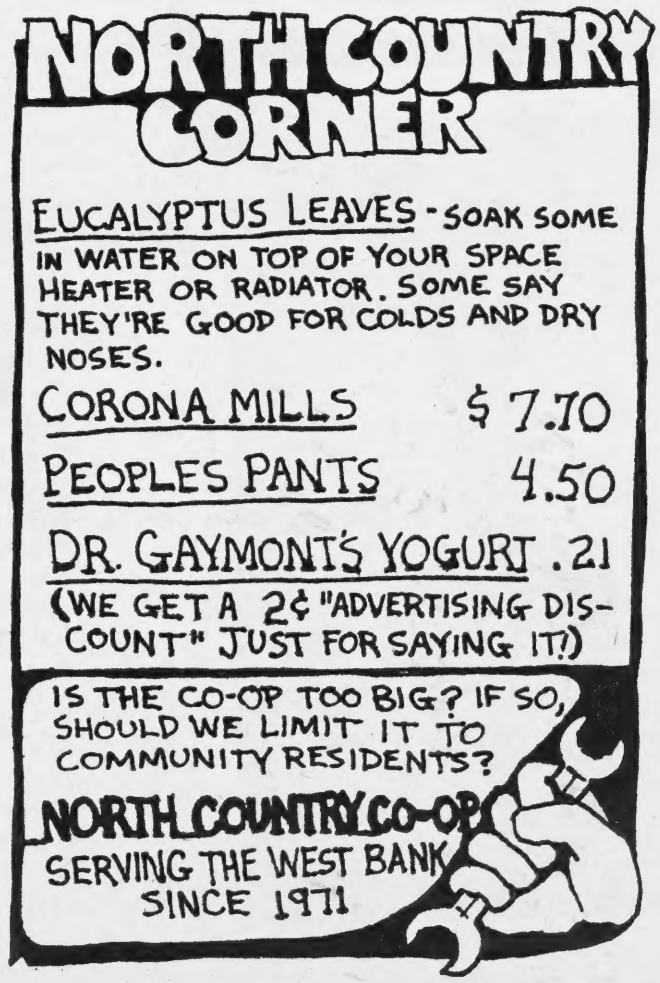
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IS THE CO-OP TOO BIG? IF SO, SHOULD WE LIMIT IT TO COMMUNITY RESIDENTS?
NORTH COUNTRY CO-OP
SERVING THE WEST BANK SINCE 1971

SANDSTONE

Like, sorry we were late people, but we were unavoidably detained in bringing you this installment. It seems we're designed to be a captive audience, and not the main feature.

Just how captive we are is examplified by the uses Sandstone feels free to put us to.

Most blatant of these, is the use of prisoners by private contractors as slave labor. The chain gang situation is thought not to exist in the Northern States any longer, but this is a total falacy. Prisoners here are forced to provide the labor force for a private contractor so he can accrue a profit without paying any form of compensation to the prisoners used.

The facts behind this are these: A guard has been granted the scrap metal contract by the institution. This means that he can and does collect all the scrap metal discarded by the institution, and sells it for whatever it brings on the junk-yard market. The proceeds he accrues from this venture are his to pocket.

But, he feels, evidentally, that the profits are not great enough if he pays civilian labor to load and "clean" the metal for him, so he uses prison labor to perform the task.

These prisoners are asked if they want to do this naturally, which sounds on the face of it like an almost democratic process, but what isn't said is that this man is a guard in the institution and has control as such over even the continued existence of the prisoners here, so any refusal by a prisoner to work for him, will raise this guards displeasure to the prisoner, and like it's all over for that dude from then on. And it's just that bad too, as the hack is the totally unpopular type of guard that only waits for an opportunity to make life unbearable to the people Amerika has given him total power over.

The next example of slave labor at Sandstone is found in what is called Priosn Industry. This facility is open and operated for the sole purpose of making a huge profit. The profit obtained is then used in part to keep the prisoners they use to operate its prisons! But the Amerikan government can't let all that green go to waste on the human misery factories it perpetrates, so they also have to use a large part of it to support their favorite war and other similar projects.

But the government does make a little concession to the prisoner they have working in their slave factories; they make it a request basis (for the most part) to get into prison industries thereby psyching people into thinking it's a privilege to work there. They enhance the theory by offering 19¢ an hour and two days a month goodtime, to work at keeping the very system which is keeping them prisoners operating!!!

While the institution doesn't know of the alliance which has been formed between Hundred Flowers and the brothers here, they have witnessed that free time by some of us is used to make life bearable for the prisoners here. This is not looked upon favorably, as that is not the desired state of affairs. Prisoners have to be punished, not codolled! In the words of his repugnence "The Warden", he will have no more of that "Mamby Pamby" here.

One more thing about prison industries, each prisoner no matter what his job is has a certain amount of "free time" in which he can't leave the factory building. He doesn't have to be actively working. In this "free time" the prisoner is not allowed to read literature of any kind; any reading materials whatsoever are contraband inside the factory building. Who said Amerika isn't afraid of knowledge?

In closing, I have to make known the latest episode of Daggett's ban on literature.

In my last article I mentioned the inmate paper the "Sandpebble" and Warden Daggett's censorship of an article about Twin Cities Connections offering free transportation and housing for people visiting prisoners in Sandstone.

We x'd the article out of the stencil and left it stand. The secondary censor approved this to be published.

We proceed to run off the copies and we distributed them to the various dormatories for the prisoners to read.

The next morning the warden saw the the issue, and went on a screaming rampage that he could read the article through the x's which were impressed over it. He then ordered that every issue be picked up and destroyed.

Actually, this was the best thing that could have happened as far as Twin Cities Connections was concerned, as every prisoner here upon hearing that this paper was now contraband, endeavored and succeeded with the aid of the brothers acting as interpreters, to read the article when they would have passed over it as just a printing error, had no attention been focused on it.

The article which was printed read like this:

TRANSPORTATION FOR YOUR VISITORS

Transportation by V.W. bus or car from Twin Cities area to FCI Sandstone and back--can be arranged for your visitors if they will contact CONNECTIONS at 1427 Washington Avenue South, Mpls. Minn. 55404 (339-8511). Our friends at Connections offer this as a free service to us.

They may also be able to find a place in the Twin Cities area for your visitors to stay, also free of charge.

Inmates may wish to jot down the Connections phone number in case they are in need of a place to stay when released--a place to meet friends and get on your feet again.

LET'S MAKE CONNECTIONS

The Brothers in Sandstone

FEMINISM LIVES

Amazon Bookstore

a wide variety of feminist journals, paperbacks, literature and other things.

Mon 3-9
Tues+Wed 3-6
Sat 11-4

(or call 1ST)

3240 Cedar Ave.
724-7163

In an automobile engine there are four main factors affecting the engine operation. These are: ignition (spark), carburetion (fuel), compression and timing (ignition timing and valve timing). The majority of engine failure problems occur in the ignition system. When a car is given a tune-up most of the work is done in the ignition system.

This article will cover a discussion of basic principles of the ignition system and a discussion of tune-up and trouble-shooting procedures. We will assume that carburetion, compression, and valve timing are all in good order on our hypothetical engine.

As you are reading this article, go out on the street, open the hood any car, and observe the ignition parts first hand as you read.

BASIC PRINCIPLES

The ignition system consists of two circuits which have been called the primary circuit and the secondary circuit. The ignition circuit diagram shows these circuits and the elements which make them up.

The ignition coil is probably the most mystical element of the ignition system to many mechanics. This is nice, because it can often be blamed for ignition problems, taking the blame off of the mechanic who just tried to tune-up the car. However, the principles of the coil should be understood, so that if the ignition problem is not in the coil, the coil can be eliminated from the problem, and the other elements can be attacked with a clear conscinece.

The scientific principle of the coil is that of an electrical current being induced in one circuit due to a collapse of a current in another circuit. Basically, what we have to know is that when a circuit of twelve volts (from the car battery on a twelve volt system) is run through a primary circuit of the coil and then cut off, a pulse of electricity somewhere around 20,000 volts comes spurting out of the center of the coil and races for the nearest piece of metal attached to the engine block (or through your hand if it happens to be grasping the center coil wire. Since the 20,000 volt pulse is of such short duration, serious injury is not a real danger, but a shock should be avoided.)

Now that we have this nice 20,000 volt spark of electricity at our command, we can use it in our engine. The main thing we want the ignition system to do is to ignite the compressed fuel-air mixture inside of the engine cylinder. A spark plug has a gap across which the 20,000 volt spark can jump and ignite the fuel. The outer portion of the spark plug is screwed into the engine block and thus becomes the metal to which the spark wants to jump. The spark from the coil runs around the center electrode of the spark plug and leaps across the gap, igniting the fuel. The spark plug wire (high tension wire) carries the spark from the coil to the spark plug through the distributor.

We now have a strong spark available and able to jump across the spark plug gap; we need a way to regulate when the spark jumps. We have discovered that this spark jumps when the electricity in the primary (12 volt) circuit is allowed to flow and then is shut off. On our car, the ignition contact points in the distributor act as the switch to open and close this primary circuit. The center shaft of the distributor is rotated mechanically by the engine. Around the shaft there are lobes or raised portions which open and close the contact points. Since this shaft is mechanically connected to the rest of the engine, the points open at distinct moments in the motion of the pistons. Thus we can produce our 20,000 volt spark consistently in the same spot in each piston cycle.

The distributor, in addition to producing a certain number of sparks for each engine revolution, also has to distribute the sparks to the cylinders in the correct order in order to allow the explosions to occur in a smooth pattern. On top of the distributor shaft there is an arm called a rotor. The rotor turns with the shaft. Above the rotor is the distributor cap. Around the outer rim of the cap there is one spark plug wire socket for each engine cylinder. In the center of the cap is a socket for the 20,000 volt wire from the coil. As the rotor turns, it provides a bridge for the spark to travel from the center coil socket of the cap to one of the spark plug wire sockets. (Actually, a "spark" does not travel along a wire. The spark is produced when a current flowing through a complete electrical circuit has to jump an air gap between two parts of the circuit, as with the spark plug.) Since the number of spark plug wire sockets is the same as the number of lobes that open the contact points, the rotor delivers the spark to a different spark plug wire each time a spark is produced in the coil.

The condenser in the distributor must be added due to certain electrical properties of the coil. If the condenser were not in the circuit, a spark would jump across the gap in the points each time they opened. This "arcing" would cause the coil potential to be lost and there would be no 20,000 volt spark tc greet the newly arrived air-fuel mixture in the cylinder. The condenser (a simple capacitor) stores and releases electrical energy in the same way that a kettle would store and release heat energy if a flame were applied under the kettle and then replaced with a block of ice.

We now have a complete system which needs only a source of primary circuit electricity (the battery) and a source of distributor mechanical rotation (starter motor via crankshaft) to get it going. The ignition switch provides the 12 volt current to the system when turned on one "notch". If it is turned slightly further, it activates the starter motor and rotates the engine, allowing the distributor to deliver sparks to the cylinders. Once the cylinders start firing, the ignition switch is released so that the ignition system is still receiving the current, but the starter motor is no longer turning the engine.

The ballast resistor is added to the primary circuit to lower the battery voltage in order to protect ignition parts. When the engine is being started, this resistor is by-passed by a switch in the ignition switch or in the starter motor circuit. This allows a high voltage to produce an extra strong spark for starting.

TUNE-UP

Ignition parts eventually wear out and must be replaced. A tune-up generally consists of replacing worn ignition parts and adjusting then to produce maximum performance and economy. A tune-up should be done at least twice a year. If you do the tune-up yourself or have a non-profit garage do it for you, you save money (because of increased gas mileage) if the tune-up is performed at least twice a year.

A tune-up always includes a cleaning and adjusting of spark plugs and ignition points. Spark plugs generally require attention every 10,000 miles to avoid bad performance, hand starting, and bad gas mileage. Plugs and points should be cleaned and reused if possible. Spark plugs can often be cleaned with an air-abrasive type cleaner, adjusted and re-instated engine. Contact points can often be filed smooth with a point file if

they are not pitted or worn too badly.

There are three ignition system adjustments which should be done with each tune-up. They are: spark plug gapping, contact point adjustment and ignition timing. Any good repair manual (and some owner's manuals) will give correct adjustment values. A spark plug is "gapped" by bending the outer electrode until the gap width is correct. The gap is measured with a feeler gage (a piece of metal of correct thickness). Ignition points should be adjusted with a dwell meter. A dwell meter measures the amount of angle of distributor shaft rotation through which the points are closed for each spark. If a dwell meter is not available (most garages have them) fair results can be obtained by using a feeler gage to measure the point gap when the points are opened to their maximum gap.

SPARK PLUG GAPPING & CONTACT POINT ADJUSTMENT

Ignition timing is very important for performance and economy. When the spark creates an explosion in a combustion chamber the force of the explosion pushes the piston down and delivers power to the automobile. It is important that the spark occur at the right moment in the piston cycle. If the spark occurs too early the explosion pounds down on the piston before the piston reaches the top of its stroke. This is hard on engine parts and also reduces power. If the spark occurs too late, the piston is already moving down and some of the compression as well as some of the momentum is lost. This also causes a reduction in power. Ignition timing sets the point at which the spark occurs with respect to the piston position. Each car has some kind of mark on a stationary part of the engine and some kind of mark of the rotary part (crankshaft). The piston position determines the crankshaft position since the piston and the crankshaft are mechanically connected. On most engines when a mark on the crankshaft is lined up with a mark on the engine block, the number one piston (piston numbering diagrams are shown in repair manuals) is at top dead center (the exact top of its stroke).

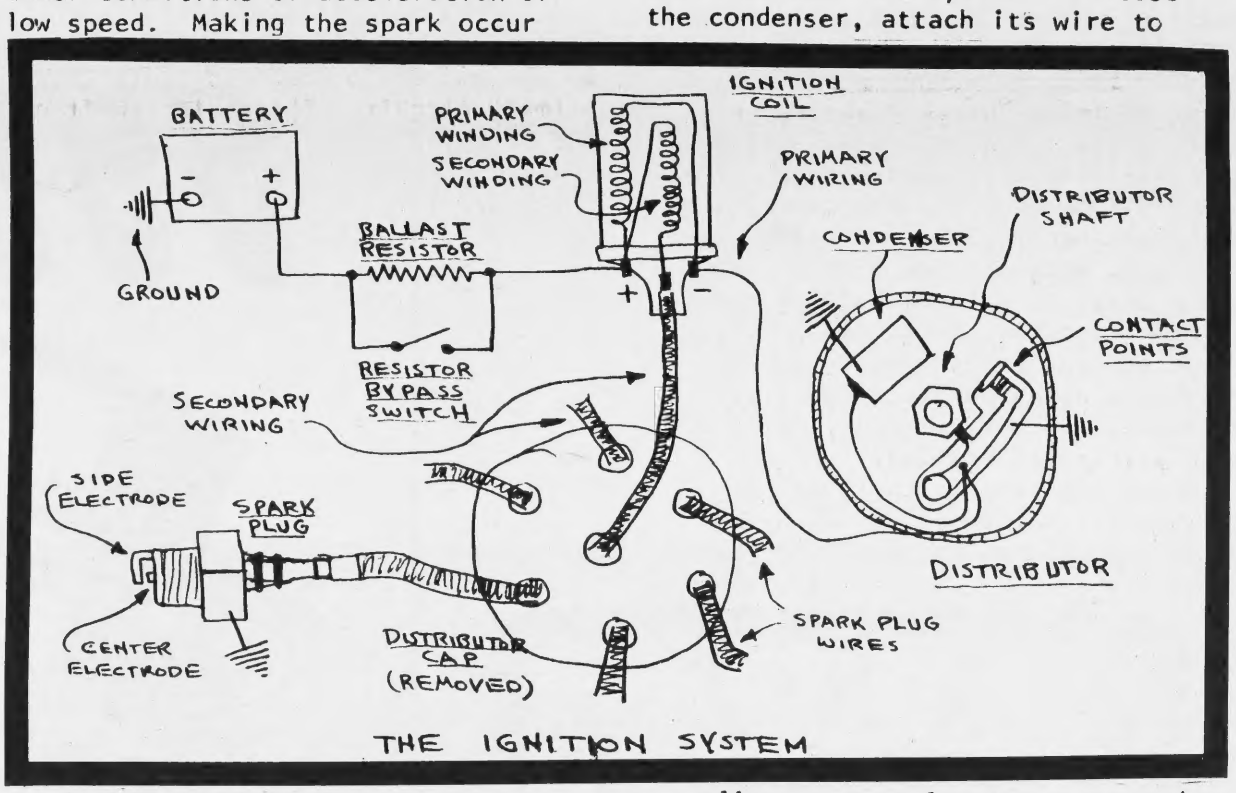
IGNITION TIMING

When an engine is timed it is done with a strobe light. Imagine a phonograph record turning on a stationary platform in a dark room. A thimble has been set on the on the record and is riding around on it. If a flashlight is blinked on the thimble each plug and holding it about one-fourth inch from any grounded metal object on the engine. (A "ground" in the ignition system is any part of the engine block or metal attached to it which will allow electricity to get back to the battery through the engine block.) A strong spark should jump from the wire to the ground. When testing spark plug wires in this manner use a pair of special plastic pliers or insulated (rubber) gloves to avoid shock.

If there is a strong spark, the problem is probably in the timing; or, in some cases, the distributor cap, distributor shaft, or points may be loose, causing the timing of the spark to be erratic.

If the spark at the plugs is weak it indicates a poor connection, a time it passes a certain point on the turntable it appears that the record is standing still because the viewer sees the thimble in only one position. This is how a strobe light is used to time an engine. The light is connected to the ignition system so that each time the spark fires in the number one cylinder, the light flashes. When the light is shined on the crankshaft it flashes only at one point in the revolution of the crankshaft and makes the crankshaft appear to be standing still. With the light shined on the stationary timing mark, the rotating timing mark can be adjusted with respect to the stationary mark in order to have the spark occur at the right point in the piston cycle. On some engines it is desirable to have the spark occur a certain time before the piston is at top dead center. A chart in a good repair manual gives a timing value for each engine. It is usually given in terms of the spark occuring occurring a certain number of degrees before top dead center (there are 360° in a full circle. Degree marks are marked near the top dead center mark on the engine so that adjustments can be read fairly accurately.) The timing is adjusted by turning the base of the distributor.

Most engines have some sort of mechanism to regulate timing under various engine speed and load conditions. One type is called a vacuum advance. It makes the spark occur earlier in the piston cycle. under conditions of acceleration or low speed. Making the spark occur earlier is called advancing the spark.



THE IGNITION SYSTEM

Another type of advance device is a centrifugal advance. The centrifugal advance increasingly advances the spark as engine speed increases. There are no adjustments on the advance mechanisms, but they should be checked for free movement as part of a tune-up.

Check distributor caps and rotors for cracks, corrosion, and pitting in the metal parts. If the gap between the rotor and the cap becomes too wide the spark will lose a lot of voltage jumping the gap and will be weak at the spark plug. Check spark plug wires for cracks and broken wire strands.

TROUBLE PROCEDURE

Let us assume now that we cannot start a car and have assumed that the problem is in the ignition system. The first thing to check is whether or not there is spark at the plugs. Check this by removing a wire from a broken wire, worn out or poorly adjusted points, worn distributor cap and rotor, a weak battery or a weak coil.

Assume there is no spark at the spark plugs. With the ignition switch turned on, with the contact points in a closed position, and the condenser disconnected. Open and close the points with a screwdriver. If there are no sparks at the contact points it indicates bad wiring or a bad coil. Remove the wire from the battery side (the positive side on a positive ground system) of the coils primary circuit. Tap the end of this wire on a ground. If there are no sparks the problem is in the ignition switch or primary circuit wiring. (We are assuming that the battery is supplying electricity to the car. Try the headlights or starter motor.) If there is a spark at the coil's battery lead, the problem lies either in the coil or in the primary wiring between the coil and the distributor. Attach a small wire from the distributor (negative) terminal of the coil. With the ignition switch turned on, tap the other end of this wire on a ground. If no sparks are observed the coil is faulty and should be replaced. If a spark is observed, the primary wire from the coil to the distributor is faulty.

In rare cases the condenser may become internally grounded and may short-circuit the system. To test the condenser, attach its wire to any live source of battery power (the positive terminal on the battery on a negative ground system; most cars are negative ground) and tap the body of the condenser to any convenient ground. If sparks are observed, the condenser is faulty.

Now assume that we observed sparks at the points as we opened and closed them with a screwdriver. This means that electricity is circulating through the primary circuit and should produce a spark from the coil. Attach a good spark plug wire to the high voltage (secondary) terminal of the coil. Hold (with gloves or plastic pliers) the other end of the wire about one-fourth inch from any ground. With the ignition switch on, open and close the points with a screwdriver. A strong spark should jump across the

KNOW YOUR OWN IGNITION
continued on page 10

MAGICK: THE PROBLEM OF APPLICATION

by a brother from Gnostica

The main question that arises in the mind of the practical person approaching the subject of magick for the first time is "What good can magick do me, that is how can I use magick to improve my life?"

To answer that question, we must look at magick as a philosophy rather than as a series of rituals and/or teachings.

To begin with, magick is a way of looking at life differently. That is, under the system of magical thought, the world is no longer a conglamerate of inanimate objects, performing their actions in blind obedience to some higher authority. Rather, through the eyes of the magician we begin to see all the components of our world as being subtly alive and expressive of the working of simple universal principles. These principles are symbolically represented by spirits or beings who control the action of the various parts of our world. Not because the magician is a spirit-worshipper, but because it is more convenient to think of these forces as being represented by a living being, does he use this type of recall method. For example, if the magician invokes the archangel Raphael, he is really referring to those forces that govern the process of natural healing and objective truth. By condensing his ideas about these things into one word or a name, he has effectively shortened his work without losing any of his intended meaning.

Going one step further, let us illustrate the manner in which magickal thought can be applied to daily life. For example, the simple act of striking a match to produce a flame. In terms of ordinary thought, when we strike that match our thought processes are likely to run as follows, assuming of course that this is an act we think about.

I strike a match thusly--

There is a chemical substance on this matchhead--there is another chemical present on the striker--when I rub that match head along the striker the heat caused by the friction between the two substances produces a chemical reaction--as a result the chemical on the head being of a lower kindling point than the chemical of the striker bursts into flame and ignites the body of the match--

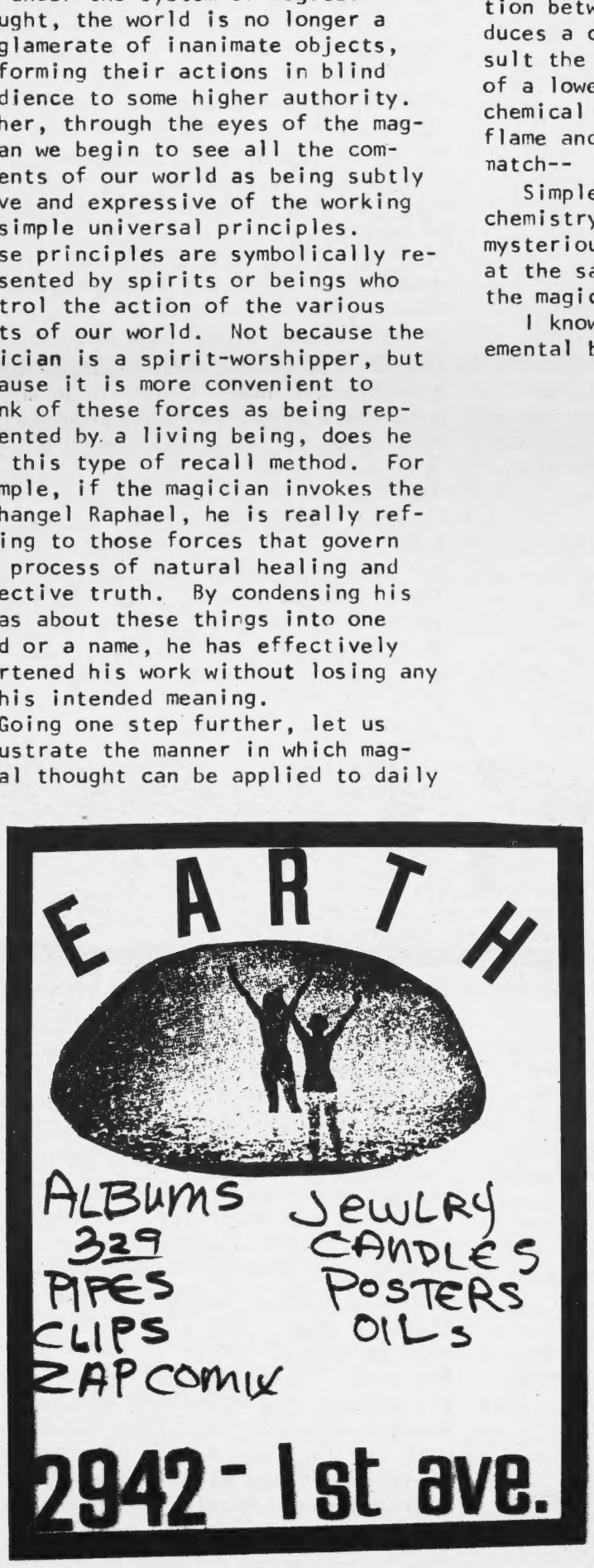
Simple, right? Just a matter of chemistry in action. Nothing very mysterious about it. But let us look at the same action from the eyes of the magician----

I know that there are certain elemental beings that govern the action of fire and that these beings are called Salamanders. I have here a piece of material that has been treated in such a way as to make it sensitive to the actions of the Salamanders. By performing the ritualistic action of striking this treated material on another substance and at the same time invoking the Salamanders into the material, it should burst into flame.

As it happens, in the case of the match, either method of approach work works. However, in the second method we have a dynamic and living process taking place. And the important thing is this: when we approach this subject from the magickal line of thought we need not confine our efforts to mere pieces of wood. That is to say, if our belief is strong enough and if we perform the actions symbolic of the spirits of fire in the proper way, then we should be able to produce fire in any object, even from the tips of our fingers...

To sum up, magick and its principles bring the world to life around us. And if we perceive our world as being alive and changing, then we can begin to understand how to live harmoniously within it and not treat our world as though it were something merely to be used up and disposed of.

So, what good can magick do for you? How can it improve your life? By showing you what life is and demonstrating that life is all around us ready to respond to our wills to create positively. We can no more separate ourselves from this stream of life than we can separate ourselves from reality.



START A JAR OF SPROUTS TODAY

By the Sprout Gang

why: If the Supermarket system breaks down some winter soon and you ain't got nothing left to eat that hasn't rotted except dry beans and grains, knowing about sprouts might save your ass from scurvy.

Sprouting turns dull dry hard seeds into juicy fresh vegetables.

Sprouting is a really progressive way of making dry beans and grains good to eat: unlike cooking them, sprouting gives you back more nutrition than you started out with. It increases vitamins up to ten times, according to some of the books the North Country Bathroom and shower Stall Farmers have been reading. (Mostly Ten Talents).

Sprouting usually improves the hell out of the taste, for instance by changing starch into simple (unlike white) sugar and predigesting protein.

Sprouts don't have to be hauled in from California and can be organic when organically grown seeds are used. They are definitely Minnesota winter soul food.

From TEN TALENTS:

During sprouting, the starch is changed into simple sugar (unlike white sugar). This is the reason why many sprouts may be eaten raw. They are very quickly digested and because all the natural B-complex is there this sugar becomes energy...Those sprouts requiring cooking--such as the larger beans (soybean, fava, etc.), will be ready to eat after 15–30 minutes of steaming even though they may be the kind that usually require hours of cooking to get them done.

Sprouting is one of the fastest ways of improving the nutritionai value of foods...increases Vitamins C, B, E, A, G, from 4–10 times.

HOW: Get seeds. Almost any whole natural seed will sprout. Be sure the seed is of good quality, free from insects and has not been treated with harmful chemicals or sterilizing heat. Heat treated seeds sometimes sold in grocery stores do not sprout. Broken seeds are worthless for sprouting and for that reason hulled seeds do not sprout well, for many of the seeds may be broken or bruised. Pick out all broken or shrivelled seeds for they will not sprout.

Local sprouters are having good luck with alfalfa, lentils, wheat, red clover, from the stockpiles of North Country Coop and Whole Foods, both of which also carry sprouts ready to eat. The soybeans from the Coops rot more than they sprout.

First you gotta soak the seeds overnight. Put on plenty of water, way over the top of the seeds, because you should skim off any thing that floats to the top.

You can do this in any old jar or can. You need something like a screen (or even your fingers if your graceful enough) to hold across the opening when you turn it upside down to drain out the water the next day, so your seeds don't drain out with the water.

Thereafter the seeds should be stuck in a dark, fairly warm place and given a nice bath and drained ½ minute every five or six hours for a couple of days. Warning: Just put a little bit of seeds in the jar, say about a fifth full, since most sprouts at least quadruple in space, and for something like alfalfa, 3 tablespoons of dry seeds may fill a quart jar when sprouted.

After 2 days, you can put the sprouts in the sun to develop bright green color. (Vitamin A and Chlorophyl).

When the sprouts have grown to a length and color that you like (the taste keeps changing interestingly, but they get stringier as they get longer) put them in the refrigerator and they'll keep a few days like any fresh vegetable.

HOW TO SERVE SPROUTS: From TEN TALENTS again.

Whenever possible serve them without cooking. Alfalfa sprouts should never be cooked. Sunflower seed sprouts are delicious if eaten when no longer than the seed. Beverages may be made with sprouts. Liquify with tomato juice, fruits or milk. Soups are improved with the addition of sprouts.

Tossed salads, all vegetable combination salads and fruit salads are made delicious with the addition of a cup of sprouts.

The Penitentes in New Mexico live almost exclusively on sprouted wheat for one part of the Rocky Mountain winters. One of their big dishes is Panoche, a pudding made with roasted and ground wheat sprouts, which are also supposed to be good in bread.

North Country recipe:

Sautee lentil sprouts in oil with onion and garlic.

Salad:

Sprouts, grated carrots, grated onion; dillweed (opt.)...Combine and toss with enuf oil to very lightly coat ingredients. Just before eating add small amount of lemon juice or cider vinegar. ½ lemon is anough for a big bowl of salad. ¼ for small bowl.

Wheat sprouts make really fine chewing gum.

HEALTH FOODS ARE HORSESHIT or, chocolate chip cookies can be as good as steak

by Cathy Carnivore

If you are reading this article because you disagree, don't worry. Authors will do anything for a title to get people reading, and this author will try and prove this title wrong. However, if you agree, may I suggest you haven't eaten Good Foods? (Now for the thesis of this literary attempt.) I am tired of trying to eat shitty tasting food because it is allegedly healthful. Some people automatically like what's good for them. Such superbeings try vainly to induce their friends to eat properly. What they apparently don't see is that eaters of junk food eat said junk foods because they taste good!?!

Now, if you would like to be eating healthier, but can't quite see laying your taste buds on the alter of health, please take heart. (Incidentally, heart is fairly cheap, nutritious and absolutely divine stuffed and panboiled.) Health foods can be be cheaper, taste better, but even taste the same as as (?!?) junk foods! Yes, if you only set your mind to it, your tongue can be as happy as the rest of you. A good place to set your mind is a book Hundred Flowers reviewed last week, *Diet for a Small Planet*. Good foods from there stir the heart and bowl, warm the bosom and stomach, and delight both tongue and purse. If you want to start slow (purists decline chocolate and brown sugar) try these cookies from *Diet for a Small Planet*. If you're already a vegetarian, maybe this book can tell you some things about complementary grains and stuff. (I get 10% of the profits from the book.)*

CHOCOLATE CHIP COOKIES

2¼ cups whole wheat flour
1 t. soda
1 t. salt
½ C. soft butter
1½ c. brown sugar, packed
3 eggs
1 t. vanilla
4½ T. dry milk powder. (6 T. if instant)
12 oz. (1 big package) semi-sweet chocolate chips
¾ c. peanuts, chopped
1c. sunflower seeds

Stir flour, soda and salt together and set aside. In a large bowl, cream the butter with the sugar. Add the eggs, vanilla, and milk powder. Beat until fluffy. Add the flour mixture and blend well. Stir in chocolate chips, nuts and seeds. Drop by tablespoonsful onto greased cookie sheet. Bake at 375 degrees F. for 10 to 15 minutes or until browned.

A table from *Diet for a Small Planet* Meat Equivalency Comparisons:

A. If eaten separately:
1 C. sunflower seeds equal 3¾ oz. steak
¾ C. peanuts equal 3oz. steak
total: 6¾ oz.

B. But if eaten together there is a 19% increase:

¾ C. peanuts plus 1 C. sunflower seeds equal 8 oz steak.

*Regrettably untrue.

CALENDAR

Friday 3

"THE DAY the MUZAK STOPPED" — Brave New Workshop examines the subject — 8 & 10pm, $2.75

"SIGMUND FREUD'S AMERICAN DREAM MACHINE" — satiric revue — Brave New Workshop Also - 8 & 10pm, $2.75

"MARKETA LAZAROVA" (Frantisek Vlacil) Czech historical film of the 13th century, highly rated — U Film Soc., Mus. of Natural Hist, 7:30, $1.25

"MY WAY HOME" (1964, Jansco) Hungarian film about a Hungarian refugee from WW II - U Film Society, Museum of Nat'l Hist, 9:45, $1.25 ($2 for both shows).

THIRD CHANCE — "Tactus," "Mythical Hunters", & "Les Patineaurs" by Minn. Dance Theatre, Cedar Theatre, 8pm, $2.50

"THE SERPENT" a play based on *Genesis*, dealing with polarities -love-hate, etc. — Theatre of Involvement, 8pm, donation.

"WHAT the BUTLER SAW" — ribald Eng. farce — Theatre in the Round, $3, $2 stud.

"MY LITTLE CHICKADEE"- Mae West, WC Fields in the old West, Flick, 7:30, 9 & 10:30pm, $1

"THE QUEST" a play by Francis Barbizon, performed by Guild of Performing Arts Theatre, 8pm.

"NOSFERATU" (1922, FW Murnau) the original German Dracula - Acme Film, 8, 10pm, & midnight, $1

"TOPPER" (1936) Cary Grant, Constance Bennet in fantasy-comedy; Xanadu, 8 & 10pm, $1

LON KNIGHT & PRETTY BLUE BATCH, the singer/guitarist and easy rock group; the Whole, 8pm, $1

"THE WILD ONE" Marlon Brando leads a terrorist biker gang; Flem Film, 8 & 10pm, & midnight, $1.50

MAX SWANSON with...! multi-lingual music at the Extemp, 9pm, 75¢

MIDDLESPUNK CREEK BOYS - bluegrass, music; New Riverside Cafe, 9pm, $1

Saturday 4

"THE DAY the MUZAK STOPPED", see Friday, 8 & 10pm, and midnight.

"AMERICAN DREAM MACHINE", see Friday; 8, 10pm, & midnight

"MARKETA LAZAROVA"; see Friday.

"MY WAY HOME"; see Friday.

"SLEEPING BEAUTY" - done in a style combininb traditional Japanese Kulaki Theatre and Victorian English style - Childrens Theatre, Inst of Art, 11am & 2pm, $2.50

"THE SERPENT" see Friday.

"WHAT the BUTLER SAW", see Friday.

"MY LITTLE CHICKADEE", see Friday.

"THE QUEST", see Friday.

"NOSFERATU" - see Friday.

"MEIN KAMPF" (1961, Swedish) documentary of Hitler and the Third Reich, Xanadu, 8 & 10pm, $1

PUNCH in concert, Coffman Ballroom, 8:30, $1.50

LON KNIGHT & PRETTY BLUE BATCH, see Friday.

"THE WILD ONE", see Friday.

STEVE KLATT & GARY HEIL, folk duo at Extempore, 9pm, 75¢

POOR HOWARD Riverside, 9pm, $1

ADRESSES

EXTEMP COFFEEHOUSE 325 Cedar Ave.
RIVERSIDE CAFE Cedar & Riverside
ONE GROVELAND 19th & Nicollet
the WHOLE Coffman Union
GUILD of PERFORMING ARTS 504 Cedar
CEDAR THEATRE 416 Cedar Ave.
BRAVE NEW WORKSHOP 2605 Hennepin So.
BRAVE NEW WORKSHOP (also) 1428 So. Washington Ave.
the CHATEAU 425—13th Ave. S.E.
THEATRE in the ROUND 245 Cedar Ave.
THEATRE of INVOLVEMENT 331—17th Ave SE
FLICK MOVIE CLUB 2521 Nicollet Ave. So.
ACME FILM SOCIETY 7½ E. 26th St.
PIPER FILM CLUB 3404 Lyndale Ave. So.
XANADU FILM 1425 University Ave. S.E.
BIJOU FILM 2829 Hennepin Ave. S.
FLEM FILM SOC. 1661 Grand Av, St. Paul
WALKER ART CENTER Vineland Pl.
INSTITUTE of ART 201 E. 24th St.

Sunday 5

RANDY NEWMAN with BONNIE RAITT, the songwriter and the 12—string guitarist, Guthrie, 8pm, $5.50—$3.50

"THE DAY THE MUZAK STOPPED", see Friday, 8pm only.

"AMERICAN DREAM MACHINE", see Friday, 8pm, only

"SLEEPING BEAUTY" 2 pm only, see Saturday.

HARPSICHORD CONCERT in the gallery of the Institute of Art, 2pm, FREE

"THE SERPENT", see Friday.

"MY LITTLE CHICKADEE" 7: & 8:300 see Friday.

"THE QUEST", 3pm only today, see Friday.

POETRY READING, Guild of Performing Arts, 8pm.

BLUES-JAZZ-ROCK — John Beach, blues piano, with the West Bank Trackers; Whole Earth Rainbow Band, jazz; Art Resnick, jazz piano; and Wonder Wheel, spinning: a concert put on by West Bank School of Music, Cedar Theater, 8:30, $1.50

"NOSFERATU", 8pm only, see Friday.

"MEIN KAMPF", see Saturday.

BO CONRAD SPIT BAND & MIDDLE SPUNK CREEK BOYS at One Groveland, 8pm, $1

"THE WILD ONE", 8pm only, see Friday.

U.S. PIPE, heavy rock; Extemp, 9pm, 75¢

JACK COHEN, Riverside Cafe, 9pm, 75¢

Monday 6

"PAT PROFT & the POLISH NATIONAL CIRCUS" Brave New Workshop, 8pm, $2.75

LE MORT DU CINEMA, films at New Riverside Cafe, 9pm

"MY LITTLE CHICKADEE" Mae West & WC Fields, Flick, 8pm, $1

Tuesday 7

"THE DAY the MUZAK STOPPED", see Friday, 8pm only.

"MY LITTLE CHICKADEE", see Monday.

OPEN STAGE, New Riverside, 9pm, 25¢

Wednesday 8

"MARKETA LAZAROVA", see Friday.

"MY WAY HOME", see Friday.

"THE DAY the MUZAK STOPPED", 8pm only, see Friday.

"MY LITTLE CHICKADEE", see Monday.

DAKOTA DAVE HULL, Extemp, 9pm, 50¢

"THE UNIVERSITY of 1984 — DEATH FACTORY", discussion led by Paula Giese, Humanities Professor, Extemp, 9pm.

JIM MCMAHON, Riverside Cafe, 9pm, 50¢

Thursday 9

"THE SERPENT", see Friday.

"THE DAY the MUZAK STOPPED", 8pm, see Friday.

"MY LITTLE CHICKADEE", see Monday.

GYPSY and DEAD END at the U of W, Karges Gym in River Falls, Wisconsin; 8—12:pm, $1.50, $2 at the door.

MIKE MACAULEY with MIKE HARLAN, Extempore Coffeehouse, 9pm, 50¢

COLBY, DANIELS & LEE... hard country New Riverside Cafe, 9pm, 50¢

WOMEN who are interested in starting a woman's self help clinic should come to the Peoples Center for the meetings every thursday at 5:30pm. It's potluck.

Friday 10

"THE SERPENT" see last Friday.

"WHAT the BUTLER SAW", see last Fri.

"THE DAY the MUZAK STOPPED", see last Friday.

"MR. HEX" - Bowery Boys madness; Acme, 8, 10pm, & midnight $1

"REBEL WITHOUT a CAUSE", James Dean, Flem Film, 18, 10pm midnight, $1

LONNIE KNIGHT & SEAN BLACKBURN, 2 good folk musicians at the Extemp, 9pm, 75¢

DEAN CARR, Riverside Cafe, 9pm, $1.

The Original BULLETIN BOARD!

community

ONLY FOR PEOPLE in the West Bank area: FREE. Males and females wanted for class in body movement. To meet on Wednesday nights at 7:pm. Go to the People's Center. Starts Dec. 8.

PEOPLE INTERESTED in helping drug dependance and alcoholics, we need volunteers desperately for a half-way house for alcoholics. Call 544 3647 and leave your name and number.

WANTED: people interested in helping start garage Co-op. Especially mechanics. Please contact Tom Bear at 331 1859 or Tim Hanson at 339 5664.

VOLUNTEERS needed to help sell: Redeemable food coupons for the Franklin Neighborhood (26th & Bloomington) Food Co-op. Call 721 2218 (talk to anyone). or 336 1805 (Jim or Tennessee). Your help is needed. Shares can also be purchased by calling these numbers or come by the store.

shelter

FEMALE ROOMATE wanted to share an apartment (1 bedroom) in the Lake & Hennepin area. $57.50 per month. Furnished. Call 926 0176 after 6pm. Ask for Jeff or leave a message.

NEED 1 or 2 roomates; $50 including utilities. Call Roger at 825 8590 at anytime.

WILL CONSIDER adding a woman to a communal living group in a So. Mpls. duplex with 2 or 3 men, a woman, a baby. Call to rap or arrange a visit. 824 3643.

NEED approximately 20—30 room house rent free. to be used as alternative half-way house and hospitality house for ex-prisoners and families and friends of prisoners. If interested, contact Minnesota Connections at 339 8511. We will take care of maintenance and everything else. Need by Dec. 15th.

1 or 2 women 21 or over to share 4 bedbedroom house near West Bank, near Univ., for December. Rent is $35. plus utilities. Please call after 5: pm and before 10:00. 335 8071.

critters

WANT TO BUY: Siamese kitten. We want a cross-eyed one (if we can). 825 6706.

ANY INFORMATION leading to return of male blond Afghan lost Wednesday, at 20th & Riverside. will receive a reward. Dog needs medication. I.D. is tattooed to inner thighs. Call 332 1964, or take to Jim or Jeff at the Whale.

LOST DOG: 1½ year old, black & red German Shepherd (male). Collar with Texas tags. Lost in Cedar Lake area. Call 729 7959.

LOST: Small black and white dog. 8 mos. old. In Cedar-Riverside Area. Her name is Tauras and I really gotta find her. Call Pat at 335 0339. Reward.

trade

I have a new pair of boys size six, over the ankle, lace up the front, stomp down dadgum shit kicking stump jumping boots. brand new, well oiled, for sale, for $20.00 (or so, $5.00 less than i paid) and i'd feel a lot better about buying a pair that FIT me, if i could find a deserving pair of feet to fit these boots. Call Marcia — 822 2984 if you're looking for boots.

WHITE STOVE, very good condition. Two tires also, number 775—14. Call 823 3874 after 4pm.

USED REFRIGERATOR for sale. Good condition $10.00. Call Mary 341 2238.

Get Marxist-Leninist books from China today. We sell the works of Marx, Lenin, and Mao at the lowest prices in the U.S. Quotations From Chairman Mao; 20¢ and 30¢, On Protracted War; 20¢, Selected Military Writings; 50¢, On People's War; 10¢, Four Essays on Philosophy; 25¢, State and Revolution; 25¢, Communist Manifesto; 20¢, and more; over 100 titles. Orders and free catalogue from:
RED STAR
P.O. Box 171
Stillwater, Minnesota 55082

transport

NEED RIDE to Washington, D.C. about end of January or early Feb. Call 333 3717 or 333 8471 and leave a messge for Scott.

V.W. '65 bus, good running condition. $85 or best offer. Call afternoon or evening at 824 3643.

100 FLOWERS really needs a truck or car desperately. Please try and help us out. Call us at 333 3717 or 333—8471 after 12:00 M.—S.

messages

LEAD GUITARIST/COMPOSER needs rythm guitar (accoustic), bass guitar, drums, and voices to form gentle, loving FOLK/FOCK BAND playing music. Anybody interested in making fine music phone Colin at 335 2540 anytime.

75 YEARS IN PRISON!
Have been sentenced to 75 years in prison for a crime I did not committ. Desperately need help to appeal. Any and all donations will be appreciated. I will answer all inquires. Thank You,
Tommy Marshburn
500 Commerce
Dallas, Texas 75202

HUNDRED FLOWERS
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Minneapolis, Minn 55407
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